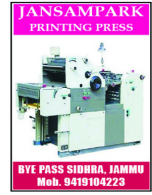




JINDRAH IMAGES



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Centre working to reduce logistics cost to GDP to 7.5% in 5 years: Amit Shah

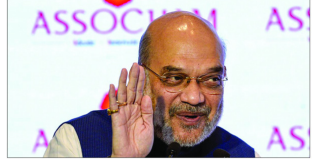
AGENCIES
NEW DELHI, MAR 28

The Union Government is working to bring down logistics cost to GDP to 7.5% from the current 13%, Union Home Minister Amit Shah said on March 28.

Addressing the annual session of Assocham, Mr. Shah said, without the development of the country's infrastructure and reduction of logistics costs, development was not possible.

"The logistics cost in India is 13% to the GDP as compared to 8% in the rest of the world, making it difficult for Indian exports to compete globally," he said.

"We will have to remove the eight per cent and 13 per cent gap. We have formulated a framework for the next five years. I can



assure you that we will reach 7.5% logistics cost in the next five years," he said.

Mr. Shah said the Narendra Modi government has made a plan of Rs 100 lakh crore investment in infrastructure with some mega projects such as the doubling of railway lines, their widening, dedicated freight corridors from Mumbai to Delhi and Amritsar to Kolkata besides 11 other industrial

corridors.

Citing other achievements in the infrastructure sector through major schemes, Mr. Shah said the government has set a target to bring down logistics costs below the national average by 2028 to make exports globally competitive.

"UPI contributed 52% of the 8,840 crore digital transactions in 2022 which comes to Rs 1.26 lakh crore," he said. Mr. Shah also credited Mr. Modi for giving a humane face to drag GDP numbers through social schemes which is a first in the world.

nation by 2047 and a \$5 trillion economy by 2022.

Taking a dig at former Union Finance Minister P. Chidambaram, Mr. Shah said when Mr. Modi was giving details of the Digital India scheme, the Congress leader questioned how will small amounts be paid to a street vendor, whether villages will have electricity and broadband to enable those transactions. He said, now, UPI is being used by almost every business.

"UPI contributed 52% of the 8,840 crore digital transactions in 2022 which comes to Rs 1.26 lakh crore," he said. Mr. Shah also credited Mr. Modi for giving a humane face to drag GDP numbers through social schemes which is a first in the world.

SC asks Chief Justice of J&K HC to look into allegations of backdoor appointments of High Court administrative staff

AGENCIES
NEW DELHI, MAR 28

The Supreme Court (SC) Monday asked the Chief Justice (CJ) of J&K High Court to look into the grievance pertaining to alleged backdoor appointments of administrative staff at the J&K High Court, subordinate Courts, State Judicial Academy, Legal Services Authority, and the e-Court Mission Mode Project.

The bench comprising CJ D Y Chandrachud, Justice P S Narasimha, and Justice J B Pardiwala was hearing a petition filed by J&K Peoples Forum alleging that relatives of exist-

ing members of the staff as well as present and former judges of the High Court had been appointed without following due selection process.

The bench said: "We will ask the Chief Justice of the High Court to look into the grievance of the petition. Time for filing counter affidavit has been extended. Counter shall be filed by the Registrar of J&K High Court after specifically taking instructions and directions from the CJ of J&K High Court."

The petition assails appointments made from 2007 onwards adhoc or through advertisements as "suspicious".

The petition provides a list indicative of the existing members of staff and the judges of High Court who have extended favour to their kin and kith.

It states: "There are instances where amendments have been made in the existing rules just to facilitate backdoor appointments and or facilitating the appointment of kin of functionaries against higher cadres who otherwise were eligible only for lower cadres and that too if selected after a regular legal recruitment process."

The petition alleges that there was a lack of

transparent selection process in making these appointments.

It further submits that no public notice or advertisement had been issued and the appointees were chosen in the most arbitrary manner.

The petition underlines that there were highly qualified candidates who could have been appointed if a fair selection process was adopted.

It alleged that a host of daily wagers were working in various courts for more than a decade, who had not been regularised.

Only the ones who were close to the

CONT. ON PAGE 4

40 member Sikh delegation calls on LG



AGENCIES
JAMMU, MAR 28

A 40 member Sikh delegation today called on the Lieutenant Governor Shri Manoj Sinha at Raj Bhavan here.

The members of the delegation led by S. Ajit Singh, Chairman, All

J&K Sikh Coordination Committee discussed various concerns of the community.

The Lt Governor assured the members of the delegation of appropriate redressal of the concerns and demands put forth by them.

High Court asks NIA to respond to Kashmiri Bizman Zahoor Watali's plea challenging UAPA charges against him

AGENCIES
NEW DELHI, MAR 28

The Delhi High Court sought the NIA's response on Tuesday on a plea moved by Kashmiri businessman Zahoor Ahmad Shah Watali, challenging the charges framed against him in a terror-financing case.

A bench of Justices Siddharth Mridul and Talwant Singh issued a notice to the National Investigation Agency (NIA) and listed the plea for further hearing on May 3.

A trial court had, in May last year, framed charges

against Watali and others in a case related to alleged terrorism and secessionist activities that disturbed Jammu and Kashmir in 2017.

Watali was arrested by the NIA in 2017 under various sections of the stringent Unlawful Activities (Prevention) Act (UAPA).

The trial court had ordered framing of charges against Lashkar-e-Taiba (LeT) founder Hafiz Saeed, Hizbul Mujahideen (HM) chief Syed Salahuddin and Kashmiri separatist leaders, including Yasin Malik, Shabbir Shah and Masarat Alam, under various

sections of the UAPA and the Indian Penal Code (IPC), including for criminal conspiracy, waging war against the country, unlawful activities and terrorism.

It had also charged Mohammad Yusuf Shah, Aftab Ahmad Shah, Altaf Ahmad Shah, Nayeem Khan, Feroze Ahmad Dar, Mohammad Akbar Khanday, Raja Mehrajuddin Kalwal, Bashir Ahmad Bhat, Watali, Shabir Ahmad Shah, Masarat Alam, Abdul Rashid Sheikh and Naval Kishore Kapoor in the case.

CONT. ON PAGE 4

SED orders inquiry against Private schools for recommending textbooks of private publishers to parents

JNEWS SERVICE
SRINAGAR, MAR 28

J&K government has ordered a probe to look into the complaints that several private schools have asked parents to purchase textbooks in addition to those recommended by the Jammu and Kashmir Board of School Education (JKBOSE).

The probe follows allegations that several private schools including some leading were forcing parents to buy textbooks published by private publishers in addition to the textbooks recommended by JKBOSE. As per the

National Education Policy (NEP), there is a common curriculum in government and private schools from this academic session for classes 6th to 8th. The Director, School Education, Kashmir on Tuesday directed chief education officers (CEOs) of valley to conduct an in-depth inquiry into the matter and furnish the action taken report within a period of three days positively.

"The department has received various complaints from the parents alleging therein that some of the private schools are asking the parents to purchase books of private

publishers instead of or in addition to the books prescribed by the JKBOSE," the official communication from the Director School Education Kashmir to CEOs read.

It added that the practice has been viewed seriously by the authorities.

"As such you are requested to conduct an in-depth inquiry into the matter along with your Zonal Education Officers (ZEOs) and furnish the action taken report to this Directorate within a period of three days positively. The matter may be treated as most urgent," the order added.

J&K police directs officials to update their ITR by march 31 or face action

JNEWS SERVICE
JAMMU, MAR 28

Jammu and Kashmir police on Tuesday asked all Drawing and Disbursing Officers to direct all officials of the department to update their Income Tax Returns after complaints of bogus and fraudulent claims by some officers surfaced.

According to a circular, the police authorities have warned of action if the officials fail to update their ITR-U by March 31.

The circular refers during analyses by Income Tax Department to the

refunds issued in (ITR) FY 2021-22 and 2022-23 in respect of the Income Tax Returns filed by the taxpayers of Jammu & Kashmir, it has been revealed that huge number of individual taxpayers, particularly those who derive income from salaries and which includes many police officers/officials have claimed excessive deductions and refunds under various sections of the Income Tax Act viz. 80C, 80D, 80DD, 80DDB, 80EE, 80E, 80EE, 80G, 80GGC etc. without actually being eligible for the same.

"The data of every individual tax payer has been analyzed by the Director General of Income Tax (Systems) and cases of fraudulent claims/bogus refunds have been selected for scrutiny from which fraudulent claims of deductions/refunds under the IT Act have come to light," it reads.

It added Income Tax Department has a list of all persons who have claimed excessive/bogus deductions and refunds under TDS made by their DDOS. It is a matter of grave concern that large number

of such persons are

selected for scrutiny from which fraudulent claims of deductions/refunds under the IT Act have come to light," it reads.

It added Income Tax Department has a list of all persons who have claimed excessive/bogus deductions and refunds under TDS made by their DDOS. It is a matter of grave concern that large number

CONT. ON PAGE 4

5462 accidents & 774 fatalities in 2021: MP Gulam Ali raises issue of accidents & preventive measures in J&K

JNEWS SERVICE
NEW DELHI, MAR 28

Minister of Roads, Transport and Highways Nitin Jairam Gadkari while replying to an unstarred question of Bharatiya Janata Party MP Rajya Sabha Er. Gulam Ali regarding accidents and preventive measures taken in hilly areas of J&K stated that total number of road accidents and fatalities in Union Territory of Jammu & Kashmir during the year 2021 were 5452 and 774 respectively.

Er. Gulam Ali sought reply to his questions including whether there is any law for limiting the number of driving hours a for commercial drivers, if so, whether any technology is used so that commercial vehicle doesn't move after specified hours number of accidents occurred in the hilly districts of Kishtwar, Doda, Ramban, Union Territory of Jammu & Kashmir and number lives lost; the preventive measures taken for avoiding such accidents;



length of roads in U.T. of J&K provided with protective fencing/barriers especially in hilly districts; and the number of length of roads which has no protective barrier? In reply Minister for

Roads, Transport and Highways Nitin Jairam Gadkari stated that Section 25 of the Occupational Safety, Health and Working Conditions, Code 2020 (37 of 2020) passed by the Parliament provides hours of work including hours of work of motor transport workers.

Ministry of Road Transport & Highways analyses road accident data based on the information received from the Police Department of all States/UTs. As per the informa-

tion, total number of road accidents and fatalities in Union Territory of Jammu & Kashmir during the year 2021 were 5452 and 774 respectively. The Ministry does not collect and compile district wise information on road accidents.

Ministry has formulated a multi-pronged strategy to address the issue of road safety based on Education, Engineering (both of roads and vehicles), Enforcement and Emergency Care.

CONT. ON PAGE 4

Progressing JK

J&K govt gives big push to promotion of 'NADRU' of Dal Lake

JNEWS SERVICE
SRINAGAR, MAR 28

The farmers, inhabiting in the world famous 'Dal Lake', associated with Lotus Stem (Nadru) got a new lease of life with the Jammu and Kashmir government extending them value addition and hand-holding services in selling their produce in the international market.

The newly formed and promoted Farmer Producer Organization (FPO), comprising 250 farmers

from Dal interiors, has recently exported two consignments to UAE thus making their presence felt in the international market.

The initiative of forming this FPO is in line with government's commitment towards empowering the farmers to sell and promote their produce in potential national and international markets.

This significant program of the J&K government has recently been mentioned in Prime Minister, Narendra Modi's, monthly radio

address to nation 'Mann Ki Baat'.

Addressing the nation in the 99th episode of his Mann Ki Baat programme, Prime Minister spoke about Kashmir's Dal Lake which is known for its delicious Lotus stems. "Lotus stems are known as Nadru in Kashmir and demand for Nadru is continuously increasing due to which farmers cultivating Nadru in Dal Lake have formed an FPO with the support of Srinagar district administration", he added.

Prime Minister took pride in the fact that these farmers recently sent two consignments to UAE saying that this success has increased the income of hundreds of farmers.

The Kashmiri Lotus stem famously known as Nadru prepared from roots of the lotus flower is a delicacy found on the table of every Kashmiri home. The lotus stem is being cultivated in various lakes of Kashmir valley, the major being Dal Lake of Srinagar.

The farmers in the area

of Dal Lake often complain that the price they got for the harvest was not enough due to the lack of market linkages for their produce and meagre individual produce of the farmers.

Considering the uniqueness of Nadroo (Lotus Stem) as a delicacy, the district administration Srinagar made the entrepreneurial farmers and after preparing a blueprint approved the FPO in December 2022. The FPO is being supported by NABARD under

the 'Central Sector Scheme of formation of FPOs'.

The FPO has been registered as 'Dal Lake Lotus Stem Farmers Producer Company Ltd' under Companies Act. Within a short span of time, the FPO has mobilized a total number of 250 shareholders in the Dal lake area of Hazratbal. The FPO has also registered a company owned registered brand of Nadru involving marketing of hygienically procured and top graded Nadru (Lotus stem).

The FPO having its

office in Hazratbal area of Srinagar district is also in the process of expanding its business in the value addition/primary/secondary processing by establishing additional units of Nadru in the area.

With support of the department of Agriculture Kashmir, the FPO has recently been able to export two consignments of Nadru to UAE fetching a very high price to the producers, an official said.

The official added that the FPO scheme is an

institutional mechanism to reduce cost of production, increase per unit production and facilitate better market linkage so as to enhance the income of farmers.

He said that in the coming days, the FPOs like that of Dal Lake Lotus Stem Farmers Producer Company Ltd will be promoted in the district to provide better backward and forward integration in the marketing of agriculture and horticulture produce.

Environmental building programme organized at Zone Miran Sahib



J I NEWS SERVICE

JAMMU, MAR 28: As per the direction of worthy CEO Jammu an environmental building programme was organized at Zone Miran Sahib under the guidance of ZEO Miran Sahib Swarna Devi. DDC Member Prof Garu Ram (Ex MLA R.S.Pura) was the chief guest of the programme.

Smt Lalita Devi Surinder Kumar explained inclusive education and all other schemes for CWSN launched by Govt of India. Worthy ZEO Smt Swarna Devi presented vote of thanks to DDC Member, Sarpanches, PRI members, CWSN Parents for their participation in the programme.

ZEO Miran Sahib Swarna Devi speaking on the occasion said that the

concept of inclusive education schools is gaining importance to provide equal opportunities for education for all. Aim is to include students with special needs in the regular classrooms.

However, biggest challenge they face is lack of awareness among teachers about inclusive education. Educationists across India have felt the need to make teachers aware about inclusive education.

She further said that in the past 20 years, the issue of inclusion has had a huge impact on development in thinking and practice in the education of children with Special Educational Needs (CWSN).

ZEO Miran Sahib further observed that inclusive Education for CWSN has been one of the major interventions of the erstwhile

Sarva Shiksha Abhiyan(SSA) RTE and RMSA schemes. From the year 2018-19, Samagra Shiksha lays emphasis on improving quality of education for all students, including CWSN. Thus, this intervention is an essential component under Samagra Shiksha.

The component provides support for various student oriented activities which include identification and assessment of CWSN, provision of aids, appliances, corrective surgeries, Braille books, large print books and uniforms, therapeutic services, development of teaching-learning material (TLM), assistive devices & equipments, environment building and orientation programme to create positive attitude and awareness about nature and needs of CWSN, purchase/develop-

ment of instructional materials, in-service training of special educators and general teachers on curriculum adaptation, stipend for girls with special needs etc. DDC Member Prof Garu Ram in his address maintained that today there is a growing importance to provide equal opportunities for education for all. One of the important aims of schools should be to include students with special needs in the regular classrooms.

The Government of India has enacted the legislation Persons with Disabilities (Equal Opportunities and Full Participation) Act, 1995 (PWD Act) to achieve the goal of providing access to free education in an appropriate environment to all learners with disabilities till the learner attains the age of eighteen years.

The component also emphasizes the implementation of the Right to Free and Compulsory Education (RTE) Act, 2009 for children with special needs (within the age group of 6-14 years).

In addition, separate resource support (financial assistance towards salary of special educators) is also made available in order to appropriately address the needs of CWSN within the school, added DDC member.

Abhishek Bharti Awarded with Haryana Ras Rang Sammaan

J I NEWS SERVICE

JAMMU, MAR 28: Abhishek Bharti, a renowned theatre artist from Jammu, has been awarded the Shri. Nirmal Pandey, Ras Rang Sammaan in the 12th Chalo Theatre, National Theatre Festival for his contribution to the regional theatre of Jammu and Kashmir. The festival was held from 21st to 27th March 2023 in P.I.E.T. College Panipat, Haryana, India.

Abhishek Bharti has been actively involved in theatre for over 22 years and has made significant contributions to the art form. He has directed and acted in several critically acclaimed productions and has also trained many young actors. Abhishek's work in theatre has been recognized both nationally and internationally. Awarded with Prestigious Sangeet Natak AkademiUstaad Bismillah Khan YuvaPuraskar in Theatre Direction, Abhishek Bharti has been Ph.D in Theatre from Department Of Indian Theatre Panjab University Chandigarh. Born in June 1984, Abhishek Bharti started his theatre carrier at the age of 12, from the play "Suraj Katal NahinHote" under the able guidance of Kumar.A.Bharti.He has been in theatre from last 22



years and has worked with eminent Theatre Director's like Padma Shri Blawant Thakur, Kumar.A.Bharti, Mortein Craig, Gusharan Singh, Dr.Sudhir Mahajan, ParthoBandhopadhyaya, Probr Cuba, Dr.Navdeep Kaur, Kavi Rattan, Bhumikeshwar, Prof. NavendraBehl, Dr.Sunita Dhir, Kewal Dhaliwal, Vasant Joesalkar, Prof. Mahendra Kumar, Sanjay Upadhyay, and many more. He has directed plays like "Visarjan", "Gagan DamamBajyo", "Agni Barkha", "The Government Inspector", "X- Reflection" "The Last Colony", "Blood & Beauty", "Macbeth: The Crown Of Blood" and got State Awards for Best Play and Best Director for the year 2010,2011,2012,2013,2014,2

015,2018 from Jammu and Kashmir Academy Of Art Culture And Languages, Jammu and JKFMAC Srinagar.He also worked as Assistant Professor in Department Of Indian Theatre, Panjab University Chandigarh for the session 2012-2013.

The Haryana Ras Rang Sammaan is a prestigious award given to artists who have made significant contributions to theatre in India. Abhishek Bharti was selected for this prestigious award by a panel of eminent theatre personalities. Speaking about the award, Abhishek Bharti said, "I am deeply honored to receive the Haryana Ras Rang Sammaan. Theatre has been my passion and I am grateful for the recognition that this award brings. I

would like to thank the organizers of the Chalo Theatre National Theatre Festival for providing a platform to showcase our work and for promoting theatre in the country."

The Chalo Theatre National Theatre Festival is one of the biggest theatre festivals in India and attracts theatre artists from all over the country. The festival provides a platform for artists to showcase their work and for theatre enthusiasts to experience the best of Indian theatre.

Abhishek Bharti's contribution to theatre has been significant and he continues to inspire and mentor young theatre artists. The Haryana Ras Rang Sammaan is a fitting tribute to his dedication and passion for theatre.

GDC Kotranka organises poster making competition on Aids awareness



J I NEWS SERVICE

KOTRANKA, MAR 28: An intra-college poster making competition was organized in Govt Degree College Kotranka today regarding awareness on HIV/AIDS in which a large number of students partici-

ated and prepared creative posters.

Along with that, a lecture was also organized on HIV/AIDS awareness which was delivered by Dr Ziaul Haq of Primary Health Centre Kandi. Dr Ziaul Haq while speaking on the topic said that

HIV/AIDS disease is rapidly spreading in our society and it is our responsibility and it is the people aware about this deadly disease.

Speaking on the occasion, Dr Rajinder Singh, Principal of the college said that being an educated lot,

students have the added responsibility to make the society aware about different diseases and make our country disease free. He lauded the creativity of the students and said that he is very impressed because of creativity of students in making posters.

The posters of Kajal Thakur of 4th semester, Nazakat Ali of 2nd semester and Melvish Jabeen of 4th semester were judged 1st, 2nd and 3rd respectively by the jury members and trophies were awarded to them. Certificate of participation were awarded to all the participants in poster making competition. Vote of thanks was presented by Dr Mohd Mushlaq, convener Red Ribbon Club of the college and the programme was moderated by Dr Chulam Mustafa of Department of Urdu.

BJP will celebrate Samajik Nyay Saptah from 6 April to 14 April: Vibodh

J I NEWS SERVICE

JAMMU, MAR 28: Bharatiya Janata Party (BJP) will celebrate Samajik Nyay Saptah from the party's foundation day on 6th April till Janam Jayanti of Dr. BR Ambedkar on 14th April, disclosed Adv. Vibodh Gupta, General Secretary, BJP, J&K.

Adv. Vibodh Gupta was chairing a meeting of senior party leaders as team members for the committee constituted by BJP at party headquarters, Trikuta Nagar, Jammu.

J&K BJP General Secretary Adv. Vibodh Gupta is given responsibility as the Incharge of the committee, J&K BJP headquarter Incharge Priya Sethi, President BJP SC Morcha Neelam Langleh, President BYJM Arun Dev



Jamwal, Incharge BJP IT Department Adv. Ishant Gupta and Prabhari Minority Morcha Sheikh Bashir are given responsibility as the members of the committee.

While addressing the meeting, Vibodh Gupta, said that the BJP units and the leaders have been assigned the responsibilities to conduct various programmes already scheduled by the party seniors.

While sharing the details to be held during the

Saptah, Gupta said that on 6th of April, on the foundation day of BJP, party's State Office Bearers, Intellectuals and other prominent will participate in a special programme to be organized at party headquarters, Trikuta Nagar, Jammu. On 7th April, Yuva Morcha will organize a felicitation programme. On 8th April ST & Minority will organize various programmes.

On 9th April, Kissan Morcha will organize various programmes to promote Millets. On 10th April, Mahila Morcha will organize various programmes. On 11th April- OBC Morcha will celebrate Mahatma Jyotiba Phule Jayanti. On 12th April- Medical Cell will organize Medical Camps. On 13th April BJP will conduct Swachhta Abhiyan and programmes on conservation of Water bodies and Plantation. On 14th April BJP SC Morcha will conduct programmes on Dr. BR Ambedkar Janam Jayanti.

Vibodh Gupta further said that similar to the state level, teams would be constituted at the District and Mandal levels to organize the programmes at the ground level with the involvement and participation of the common masses.

Shiv Sena stages vigorous protest against bulldozer action on Shiv temple



J I NEWS SERVICE

JAMMU, MAR 28: Shiv Sena (Uddhav Balasaheb Thackeray) J&K unit today staged strong protest against the action of Jammu Development Authority for demolishing a Hindu temple in Muzh area of Jammu.

In this regard, dozens of Shiv Sena and Kerni Sena activists headed by Manish Sahni, President Shiv Sena J&K and Hoshiar Singh, Spokesperson of Kerni

Sena assembled outside the temple premises and raised slogans against the attempt of JDA for demolishing a Shiv temple. The protesters carried placards "Claim Hindu nation, Bulldozer on temples", "Religious faith is hurt during Navratras".

Talking to reporters, Sahni strongly criticized the attempt of government for demolishing a Shiv temple by JDA during the ongoing auspicious days of Navratras. He said that the bulldozer is being run on

Hindu temples during the regime of those who patronize Hindus and pretend to be Hindutva.

Sahni said that the occupation of government lands for parks, government offices/police stations is justified, but by bulldozing Hindu temples, the religious sentiments of Hindus are being hurt. He said that this temple was built in 1996, in this temple premises arrangements were also made by the Municipal Corporation for

lighting and seating. Now suddenly without any notice and information, the authorities made an attempt to demolish this temple without consulting their stakeholders. He anguished over that the local councilor and other people's representatives of the area were not given any information.

Manish Sahni warned the government to desist from hurting the sentiments of Hindu community failing which the Shiv Sena has no other option left to come on roads.

Among those who joined the protest include President Women's Wing Meenakshi Chhibber, President Workers' Wing Raj Singh, Shashipal, Suresh, Mangu Ram Karni Sena Spokesperson Hoshiar Singh, Digvijay Singh, Sikander and Raghu Singh.

GCOE conducted National Survey at Nadwal Village of Block Bhalwal



J I NEWS SERVICE

JAMMU, MAR 28: NSS unit of Government College of Education, Canal Road, Jammu conducted two day national survey of Youth not in formal education and formal employment in their adopted village Nadwal of Block-Bhalwal under the patronage of Prof. Aekta Gupta,

Principal, GCOE. Before conducting the survey, training was given by NSS PO Dr. Shubhra Jamwal to the NSS Volunteers for conducting the national survey of youth 15 to 29 years not in formal education or regular employment as directed by Ministry of Youth Affairs and sports, Govt. of India to formulate National Youth Policy. 70

volunteers of the NSS unit were trained and then visited the adopted village Nadwal under the supervision of Sarpanch Shiv Dev Singh. The listing of the households were done followed by conducting the survey in the form of 14 page questionnaire as directed by Ministry of Youth Affairs and sports, Govt. of India covering approxi-

mately 120 houses in the whole village. A rally on drug de-addiction was also carried out in order to create awareness about Nasha Mukh Bharat. NSS PO Dr. Shubhra Jamwal said that the data collected in the village was compiled and will be sent to Regional Directorate Delhi. The Principal Prof. Aekta Gupta appreciated the efforts of NSS volunteers who work for the upliftment of the society. Prof. Anju Bala, Dr. Rajinder Kour, Prof. Anuradha Choudhary, Prof. Sarita Dogra, Dr. Shalini Sharma, Prof. Neeraj Verma, Prof. Shapia Shameem, Prof. Seema and Prof. Vinay Lata was also present. The programme was also attended by Dr. Pardeep Bali, Ram Lal Ji and other non-teaching staff members of the college.

JU, Udhampur Campus organises one Day Women Empowerment Training Workshop on "The Art of Kaleera Making"

JI NEWS SERVICE

JAMMU, MAR 28: In order to revitalise the centuries-old traditions, sustain socioeconomic development, and connect with the community, first of its kind a one-day Women Empowerment Training Workshop on "The Art of Kaleera Making" was held at the Udhampur Campus of the University of Jammu. Speaking on the occasion, Prof. Yash Pal Sharma, Rector, Udhampur Campus, University of Jammu, stated that the training programme was intended to help the women of the nearby area of Garnai Lotta to strengthen their vocational skills and find ways to generate income avenues.

It was an opportunity for the hard-working women to show off their aptitude for manufacturing kaleera in order to establish their value moving ahead and share equally in supporting their livelihood.

"The time has arrived to embrace new trends in the old traditions. Kaleera (plural 'Kaleeras') is a beautifully handcrafted pretty combination of saffron, the full and half dried coconuts, golden and silver embroidered accessories, roasted rice (phullian), pearls, dried flowers, etc and are worn by brides on



their wedding", said Prof Sharma. He thanked Prof. Umesh Rai, Vice Chancellor, University of Jammu under whose visionary leadership such initiatives have been undertaken for the welfare of the society.

Organized under Udhampur Campus Community Facilitation Centre (UCCSC) for the welfare and upbringing of the society specifically rural women, Mrs. Bimla Devi, a progressive entrepreneur and kaleera making artist of Garnai Lotta, Udhampur, was the trainer and the resource person who imparted training to the target group of about 20 young women of the area.

Remarkably, five different varieties of big and little-sized Kaleeras were produced on the spot by them. It is pertinent to add here

that Kaleeras are growing popular not only amongst the Dogras and Punjabis but also in other communities are integrating them in their bridal dress and consequently, their demand is also increasing, nowadays from high-end luxury brands to economical and pocket-friendly ones.

In marriages, the brides' adoration of Kaleerason their arms represents wealth and luck for her so that she can successfully start her new path of life in the new family.

Not only in the villages, but also in the megacities, brides wear kaleeras. Bollywood actresses too follow this trend of wearing Kaleeras. In addition, devotees offer Kaleeras to the Deities at the temples, and smaller Kaleeras are frequently displayed as ornaments on moving

vehicles. Earlier, Dr. Shilpa Gupta, coordinator of the event, explained about the objective of organising the event and opined that the workshop will help us to understand how skill development enhances women empowerment.

She thanked the resource trainer Mrs Bimla for training the participants and hoped that several futuristic initiatives will be taken by the Udhampur campus to work in coordination with the rural folks for welfare activities.

Others who were present during the workshop were faculty members including Dr.Mamta Sharma, Ms Taruna Dubeey, Dr. Ritika Sambhal, Dr. Kamini Dutta, Mr. Nikhil Khajuria, Dr.Jyotishma, Dr. Jatinder Kour and non-teaching staff of the Udhampur campus.

Demands of BDS Doctors genuine, LG must concede'

DR VIKAS FLAYS BJP GOVT FOR PURSUING ANTI YOUTH POLICIES

JI NEWS SERVICE

JAMMU, MAR 28: Slamming the LG Administration in Jammu and Kashmir working directly under the command of BJP govt from Delhi, Dr. Vikas Sharma, Coordinator Jammu District (Urban) and Secretary Central Zone JK National Conference criticized it for meeting step motherly treatment to educated unemployed BDS doctors clamoring for their adjustment as Dental Doctors.

Dr. Vikas Sharma today called upon by several delegations of students and unemployed BDS doctors from across J&K and apprised him about the hardships and discrimination being faced by them due to misgovernance at the end of incumbent administration.

He was told that the youth of Jammu and Kashmir were frustrated under the LG regime due to corruption and irregularities in the selections for govt jobs owing to which they were suffering badly.

Dr. Sharma reiterated the long pending demand of these unemployed youth for creation of new posts of Dental Surgeons in various hospitals across J&K.

He lambasted the hollow promises of the BJP Govt to give jobs in thousands. He said that aspirants under



the banner of Dental Surgeons Association of Jammu and Kashmir protested at Jammu highlighting their long pending demand for recruitment of dental surgeons, but all in vain, as the LG Govt is still sleeping to resolve the issue of these doctors in order to adjust doctors by effecting new creation of posts.

Referring to the version of unemployed dental surgeons, Dr. Vikas expressed his deep concern that these unemployed doctors are undergoing great mental stress and awfully fearing for their bleak future prospectus in the line, because JK Govt has not so far created new posts since 2008 putting the career of these trained doctors in jeopardy.

Taking a dig at the so called efficiency of LG Administration, Dr. Vikas pointed out with anguish that since last 13 years not a

single post of dental surgeon has been created by Jammu and Kashmir Government, as successive Governments including LG Administration have paid no heed to the loud voices of Dental Surgeons made in the shape of protests and demonstrations since over decade.

Dr. Vikas strongly supported the demand of Dental Surgeons and appealed to the LG Governor Jammu and Kashmir to intervene in the matter and urgently solve the issue of creating posts and adjusting the Dental Surgeons on the jobs without further loss of time and wasting the professional skills of unemployed doctors.

Dr. Sharma blamed the BJP led NDA govt at Centre for making the lives of J&K people miserable at all fronts by snatching statehood of Jammu & Kashmir.

He demanded that full statehood must be restored before the conduct of Assembly Polls.

He maintained that job opportunities have shrunked for local youth after the abrogation of Art 370 and 35 A in J&K.

He asked the youth to strengthen the hands of NC leadership for giving a befitting reply to anti youth policies of BJP govt in the forthcoming Assembly elections.

He described such moves as desperate acts of diverting attention as the BJP government has failed in generating employment and providing 'two crores' of jobs every year promised in successive elections since 2014.

He further said the frustrated youth is getting more and more drug addicted as the present government has failed to generate employment avenues.

Whether wear black or white, Cong's chance to regain lost ground 'bleak': Kavinder

JI NEWS SERVICE

JAMMU, MAR 28: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta today took a jibe at the Congress leaders wearing black clothes protesting against the BJP-led government at the Centre over the disqualification of Rahul Gandhi from the Lok Sabha, saying that the Congress Party will not regain its lost ground whether its leader wear any colour.

In a statement issued here today, Kavinder lashed out at the Congress and accused it of stopping Parliament from functioning.

"Congress isn't letting the house run and is trying to mislead people by making statements. Congress's leaders came in black clothes in the Parliament.

Do they want to disrespect the law,



were they justifying the remarks regarding OBCs?" he asked. The former Deputy Chief Minister reiterated that the move of disqualification of Rahul Gandhi from the

Parliament 'in accordance with law' as he clarified earlier also that the BJP Government at the Centre has nothing to do with this decision which is purely lawful and as per procedural norms.

But the Congress leaders do not understand that they have completely lost the faith of people and will not regain it no matter what they do.

The senior BJP leader said that Congress is a sinking ship which will go down taking along all those who somehow came along with that party which is responsible for all the political mis-happenings in the country since its inception more than a century ago.

He said that it is time for the people to watch and compare without any prejudice that what BJP has in offering for them as Congress has not given them anything except deception.

JU NSS Volunteers participates in 3 day workshop on Solid Waste Management



JI NEWS SERVICE

JAMMU, MAR 28: The volunteers of NSS Campus Units, University of Jammu participated in Three Days Workshop on Solid Waste Management organised by the Office of Mayor, Jammu Municipal Corporation from 28th March 2023 to 30th March 2023 under the Mentorship of Prof. Umesh Rai, Vice Chancellor and Chairman, NSS University of Jammu and able guidance of Prof. Savita Nayyar, Convener, NSS Campus Units. NSS volunteers from different departments of the university like the Department of Economics, Sociology, History, Strategic and Regional Studies, English, Punjabi, Dogri, Hindi, Philosophy, Law, The Law

School and Directorate of Distance Education participated in the event. As a part of the campaign, first day an awareness campaign started from the Tawi Bridge from 9:00AM to 11:30 AM. The volunteers displayed placards in their hands with slogans on NO LITTERATION, OF SAKH IN RIVER TAWI, SAVE SURYA PUTRI TAWI RIVER and SAY NO TO POLYTHENE. They also interacted with the people passing over the bridge and spread awareness regarding Solid Waste Management and made people aware about the ill effects of throwing garbage in the Tawi River. The awareness drive shall continue for another two days. This initiative is taken by the Mayor of the Jammu

Municipal Corporation Sh.Rajinder Sharma. He also interacted with the volunteers and guided

them how they can spread awareness about the Solid Waste Management and Save Surya Putri Tawi river.

Prof. Savita Nayyar, Convener, NSS campus Units along with Dr. Shaluu Sehgal Programme Officer Unit I, also the Coordinator of the event and Dr. Gopal Krishan Sharma, Faculty Department of Sociology, teacher incharge of the students of Department of Sociology also participated in the campaign.

DC Kathua flags off Half Marathon and Kathua Cyclothon

JI NEWS SERVICE

KATHUA, MARCH 28: The district administration organised a Half Marathon and Cyclothon event under the "Festival of Youth" at the Sports Stadium today. The event was flagged off by Deputy Commissioner, Rahul Pandey who encouraged young people to participate and promote a healthy lifestyle. The event witnessed a large turnout of enthusiastic participants and was organised to promote fitness among the region's youth. The winners were rewarded after passing through identified routes and returning to the starting point. All necessary precautions were taken to ensure the safety of participants.

Rahul Pandey said that the idea behind organising these events is to inculcate the value of fitness and a healthy lifestyle among youngsters so that they can contribute constructively to the nation's growth and

Police organises Volleyball Tournaments under Civic Action Programme



JI NEWS SERVICE

RAJOURI, MAR 28: Under Civic Action Programme, Police in Rajouri have organized two Volleyball Tournaments at Bhawani, Nowshera & Govt. Hir, Sec.School Bajabain

Sunderbani under the aegis of RPHQ and DPO Rajouri in which teams belonging to different areas participated.

During the final matches Aqil SP Nowshera Sh. Mohd. Rafi Giri-JKPS appreciated the teams for

taking part in the sports event.

He also laid stressed upon the young & budding players of the area to allow their minds to explore their own thoughts and imagination through the medium of sports. DySP SDPO

Nowshera Sh. Tousif Ahmed-JKPS thanked respectables, participants, players and media fraternity for sparing time and participating in the events at both places.

It is pertinent to mention here that Rajouri Police is organising different sports events, like volleyball tournament, cricket tournaments, and other Co-curricular activities in the district for upliftment of sports among the youth.

The main aim & motive of organising such events is to develop brotherhood, love, and peace & keeping youth away from the menace of drugs.

Moreover, SHO P/S Nowshera and Sunderbani, Army officers & other officers of Police & civil society members were also present on the occasion.

BJP conducts cleanliness drive at Ranbireswar Temple

JI NEWS SERVICE

JAMMU, MAR 28: BJP Swachh Bharat Abhiyaan team along with a large number of volunteers launched a cleanliness drive in the premises of historical Shivji Mandir (Ranbireswar temple) opposite Civil Secretariat Jammu.

Er. Dil Bahadur Singh and Er. I.K Sharma in charge and co-in charge of J&K BJP Swachh Bharat Abhiyaan led the cleanliness drive.

Er. Dil Bahadur Singh Jamwal said that cleanliness has a very important role in everyone's life and it could not be ignored. He further said that he would take this moment of Swachhata to the schools, colleges and universities to reach out to the young generations. He requested the



public to stop the use of polythene and plastic. He also appealed to the society to keep their surroundings neat and clean to strengthen the Swachh Bharat Abhiyaan launched by PM Narendra Modi.

Er. TK Sharma said that new India has made tremendous progress in realizing the dream of

Mahatma Gandhi in the last 9 years. India is well on its path to become a role model for the world in terms of cleanliness. He further said that according to World Health Organization approximately 20 crore cases of diarrhoea were reported in India before 2014 largely due to lack of cleanliness, howev-

er the situation has changed significantly since the launch of Swachh Bharat Abhiyaan.

Randev Singh Parihar, co-convenor, Er. VK Gupta, Convener Jammu East, BB Sharma Co Incharge Jammu South and Er. SK Zailpuri were amongst the prominent to participate in the event.

DC Ramban chairs District Level Aadhaar Monitoring Committee meeting

JNEWS SERVICE
RAMBAN, MAR 28

A meeting of the District Level Aadhaar Monitoring Committee was held under the Chairmanship of Deputy Commissioner, Mussarat Islam to finalise the action plan for saturation of Aadhaar Cards and mandatory biometric update in all age groups.

The Deputy Commissioner discussed strategy for timely Aadhaar enrollment of children in the 0-5-year age group. He directed to launch special camps and mass awareness campaigns in educational institutions to push the saturation process further. The Deputy Commissioner also directed all the stakeholder departments and agencies to motivate residents to enrol children below 5 years for Aadhaar enrollment and to get Mandatory Biometric Updates done after attaining the age of 5 years and 15 years.

The Deputy Commissioner urged people to get their children enrolled for Aadhaar Linked Birth registration at delivery centres. Terming the Aadhaar enrollment a multi-agency process, he called upon all concerned departments to saturate



the remaining Aadhaar enrollment process in the district besides launching mass awareness campaigns in their jurisdictions to cover all population under Aadhaar enrollment. He stressed that progress of Aadhaar enrollment target of children between 0-5 years and 5-18 years must be achieved cent percent in time-bound manner.

Assistant Commissioner Revenue, Gias-ul-Haq; District Statistics and Evaluation Officer, Ganesh Kumar; Chief Education Officer, Devanand; Dy. Chief Medical Officer, Suresh Kumar; Dy. Superintendent of Police, Pardeep Kumar; District Information Officer, Prashant Kumar and other committee members attended the meeting.

Over 1200 attend Job Fair and Employment Mela in Kishtwar

JNEWS SERVICE
KISHTWAR, MAR 28

A Mega Job Fair and Employment Mela was organised by the district administration in collaboration with the Employment Department and Mission Youth at the Government ITI Kishtwar today. The event was attended by over 1200 job seekers and students.

The event was inaugurated by District Development Commissioner, Dr Devansh Yadav.

Additional District Development Commissioner, Sham Lal appreciated the initiative and encouraged unemployed job seekers to take advantage of this opportunity. He also motivated participants to go for skill training, self-employment and into the private sector.



Outstanding Youth Club from Panchayat Inderwal C (Block Inderwal) and success stories under various government schemes were presented with certificates and mementos. Trained Aapda Mitra

Volunteers from across the district were inducted into Youth Clubs at the event by providing them with ID cards. A surprise quiz for students was also conducted and five winners were presented with gifts.

About 700 job seekers applied on spot for 245 vacancies from 14 employers at the event and over 300 applicants were shortlisted for these vacancies. In addition, on-spot awareness and registration regarding various government schemes were also conducted.

The event was also attended by Assistant Director Employment, Mohd Idrees; Lead District Manager, Pankaj Bhadami; Principal ITI, Kishtwar, Mandeep Dogra; District Information Officer, Kuldeep Kumar; Block Development Officer Inderwal, Tasleem Wani; Chief Animal Husbandry Officer, Dr Sanjay Sen; Director KSETI Kishtwar; Horticulture Development Officer; Employment Officer, Wassem Khan besides others.

DDC Rajouri leads meeting to review implementation of PC&PNDT Act

JNEWS SERVICE
RAJOURI, MAR 28

District Development Commissioner, Vikas Kunal chaired a meeting of the District Advisory Committee to review the implementation of the Pre-Conception and Pre-Natal Diagnostic Techniques (PC&PNDT) Act in the district. The committee discussed various issues including registration and renewal of ultrasound centres, regulation of GCC, labs and clinics, offences and penalties, and the provision of registration and inspection for monitoring and implementing the PC&PNDT Act. The DDC stressed the need for random checking of ultrasound clinics in the district



and checked the portal for registration and renewal of establishments.

The DDC directed the Health Department to conduct frequent inspections of ultrasound clinics and check CCTV recordings to identify and penalize defaulters. The committee also discussed measures to improve implementation of the Act through awareness programmes and collaboration with other

departments and legal experts. The District Advisory Committee recommended cancelling the licenses of five ultrasound clinics operating in contravention of relevant norms.

The meeting was attended by Chief Planning Officer, Mohammad Khurshid; Chief Medical Officer, Rajinder Kumar; Medical Superintendent, Mehmoob Bajar and other concerned officers.

MC Kishtwar, district administration organise awareness programmes at Bus Stand

JNEWS SERVICE
KISHTWAR, MAR 28

Municipal Council Kishtwar and District Administration Kishtwar collaborated to organise awareness programmes on two important issues: plastic waste and the Nasha Mukta Bharat Abhiyan today. In this regard, an awareness program was held at the main Bus Stand in Kishtwar, attended by 200 students and members of the general public.

Additional District Development Commissioner, Sham Lal was the

chief guest on the occasion while President Municipal Council Kishtwar, Sajjad Ahmed Najjar was the guest of honour.

During his speech, Sham Lal emphasised the importance of such awareness programs in creating a sense of responsibility among citizens towards the environment and society. He also encouraged people to reduce their plastic usage and work towards a 'plastic-free future'.

Dustbins were also distributed among students by the Municipal Council.

District Level NCORD Committee meeting held in Rajouri

JNEWS SERVICE
RAJOURI, MAR 28

Deputy Commissioner, Vikas Kunal convened a meeting of the district level National Committee on Drug Demand Reduction (NCORD) Committee to discuss measures to tackle the growing drug menace in the district. The Deputy Commissioner reviewed the current situation and proposed several interventions to reduce the number of drug abusers. The DC directed that CCTV cameras be installed in all chemist and pharmacy shops as soon as possible. The police department has been directed to ensure



the installation of CCTV cameras in their respective jurisdictions.

To prevent illegal drug activities, 235 raids have been carried out and 3 FIRs have been lodged. Four persons involved in illegal drug activities have also been arrested. The Nasha Mukta Panchayat DC directed that special checkpoints be set up at the district's entry points to combat drug trafficking.

The drug detection centre and Additional Treatment Facility are both operating efficiently. The DC asked stakeholders to intensify awareness activities about the negative effects of drug abuse on health. An initiative called Nasha Mukta Panchayat under Nasha Mukta Bharat has also been launched, with 19 panchayats covered in the first phase.

From the Front Page...

SC asks Chief...

Officers at the High Courts have been considered for regularisation.

Apart from seeking quashing of backdoor appointments, the petition seeks indulgence of the apex court for directions to respondents to refrain from making further backdoor appointments at these institutions.

It also implores the apex court to direct inquiry through a credible agency into allegations of backdoor appointments of High Court administrative staff against the officers who have dealt with the process of backdoor appointments as well as those officials who have benefited from such appointments.

The petition has been filed through AoR, Raj Kishore Choudhary. (Live Law)

High Court asks...

Jammu Kashmir Liberation Front (JKLF) chief Mohammad Yasin Malik had pleaded guilty to the charges, including those under the UAPA. He was convicted and sentenced to life imprisonment.

According to the NIA, various terrorist organisations, such as the LeT, HM, JKLF, Jaish-e-Muhammed (JeM), with the support of Pakistan's ISI, perpetrated violence in the valley by attacking civilians and security forces. It was further alleged that in 1993, the All Parties Hurriyat Conference (APHC) was formed to give a political front to secessionist activities.

The NIA chargesheet submitted to the trial court said the Centre received credible information that Hafiz Muhammad Saeed, the chief or "amir" of Jamaat-ud-Dawah, and the secessionist and separatist leaders, including members of the Hurriyat Conference, were acting in connivance with active terrorists of proscribed organisations, such as the HM and the LeT, for raising, receiving and collecting funds domestically and abroad through various illegal channels, including "hawala".

The premier investigating agency also alleged that this was done for funding separatist and terrorist activities in Jammu and Kashmir and as such, they had entered into a larger conspiracy for causing disruption in the valley by way of pelting stones on security forces, systematically burning schools, damaging public property and waging war against India. (Agencies)

J&K police directs...

of employees belonging to JKP also figure in the list. "Such cases of bogus refunds may lead to selection of black spots/accident spots on National Highways. Road Safety Officer (RSO) has been designated at each Regional Office of road owning agencies under the Ministry to look after RSA, blackspot rectification and other road safety related works.

Five stretches of NH having higher number of accidents/blackspots are being developed as Model Safe Roads under each regional office of all road owning agencies under the Ministry.

returns of income by paying their actual due tax along with penalty which is @50% of additional tax + interest for FY.2019-20 (A.Y.2020-21) and @25% for FY.2020-21 (A.Y.2021-22), if the ITR-U are filed before 31.03.2023.

"Keeping in view the sensitivity and urgency of the matter, all the DDOs of J&K Police are enjoined to direct all the officers/officials under their charge to update their Income Tax Returns (ITR-U) on or before March 31, 2023, if they have claimed any bogus deductions and refunds failing which action under rules as mentioned above shall be taken against them by IT Department," it reads. (KNO)

5462 accidents &...

Accordingly, various initiatives have been taken by the Ministry as detailed below:-

Education:

To create effective public awareness about road safety, Ministry undertakes various publicity measures and awareness campaigns through social media, electronic media and print media. Further, Ministry implements a scheme to provide financial assistance to various agencies for administering Road Safety Advocacy. Observance of National Road Safety Month/Week every year for spreading awareness and strengthening road safety.

iii. A Certification Course for Road Safety Auditor has been mandated for technical officers of all road owning agencies under the Ministry up to the level of Superintending Engineer or equivalent. iv. To impart driving training, Ministry has been implementing a scheme for setting up of Institute of Driving Training & Research (IDTRs), Regional Driving Training Centres (RDTCs) and Driving Training Centres (DTCs) at state/district level across the Country. Also, Ministry has notified rules for setting up of Accredited Driver Training Centres to provide practical and theory knowledge of safe driving behaviour.

(2) Engineering (both of Roads and vehicles)

Road safety has been made an integral part of road design at planning stage. Road Safety Audit (RSA) of all highway projects has been made mandatory at all stages.

Road Safety Audit (RSA) of all National Highways (NHs) has been made mandatory through third party auditors/experts at all stages i.e. design, construction, operation and maintenance etc.

High priority to identification and rectification of black spots/accident spots on National Highways.

Road Safety Officer (RSO) has been designated at each Regional Office of road owning agencies under the Ministry to look after RSA, blackspot rectification and other road safety related works.

Five stretches of NH having higher number of accidents/blackspots are being developed as Model Safe Roads under each regional office of all road owning agencies under the Ministry.

Five project stretches under construction are being developed as Model Safe Construction Zones under each regional office of all road owning agencies under the Ministry.

The electronic Detailed Accident Report (e-DAR) Project has been initiated to establish a central repository for reporting, management and analysis of road accidents data across the Country. viii. Ministry and IRC has issued various codes and guidelines, time to time, to implement various road safety measures so as to minimize accidents on National Highways.

The Ministry has notified regarding mandatory provision of an airbag for the passenger seated on the front seat of a vehicle, next to the driver.

This Ministry, vide notification dated 15th February, 2022 has prescribed norms related to safety measures for children below four years of age, riding or being carried on a motor cycle. Further, it specifies use of a safety harness, crash helmet and restricts speed to 40kmph. Ministry has notified the mandatory fitment of following listed safety technologies from 01st July 2019.

For M1 category vehicles:
a. Seat Belt Reminder (SBR) for driver and co-driver.
b. Manual Override for central locking system
c. Over speed warning system.
For all M and N category vehicles:
Reverse Parking Alert System

iv. The Ministry has mandated Anti-Lock Braking System (ABS) for certain classes of L [Motor vehicle with less than four wheels and includes a Quadricycle], M [Motor vehicles with at least four wheels used for carrying passengers] and N [Motor vehicles with at least four wheels used for carrying goods which may also carry persons in addition to goods, subject to conditions stipulated in BIS standards] categories.

v. This Ministry has mandated approval of vehicles for protection of occupants in the event of an Offset Frontal Collision, for requirements for behavior of steering mechanism of the vehicle in a Head-on collision, Protection of Occupants in the event of Lateral Collision and for approval of vehicles with regard to protection of pedestrians and other vulnerable road users in the event of a collision with a motor vehicle.

The Ministry has mandated speed limiting function/speed limiting device in all transport vehicles, except for two wheelers, three wheelers, quadricycles, fire tenders, ambulances and police vehicles.

This Ministry has mandated compliance of the fully built buses (with a seating capacity of 22 passengers or above, excluding driver), manufactured on and after 1st April 2019, with the requirements of Fire Detection, Alarm and Suppression system. Further, compliance of type III buses of category M3 and school buses with fire alarm and protection system in occupant compartment has also been mandated, on and after 26th January 2023.

The Ministry has prescribed the format in which vehicle manufacturers issue the Road Worthiness Certification for registering motor vehicles.

Scheme for setting up one model Inspection & Certification Centre in each State/UT with Central assistance for testing the fitness of vehicles through an automated system.

Ministry vide Notifications GSR 652 (E) dated 23rd September, 2021 published the rules for recognition, regulation and control of Automated Testing Stations.

Notification vide GSR 272(E) dated 05th April, 2022, provides for mandatory fitness of vehicles only through an Automated Testing Stations. It mandates the fitness check of Heavy Goods Vehicles/Heavy Passenger Motor Vehicles only through automated testing stations with effect from 01st April 2023 onwards, and for Medium Goods Vehicles/Medium Passenger Motor Vehicles and Light Motor vehicles (Transport) with effect from 01st June 2024 onwards.

Ministry has formulated the Vehicle Scrapping Policy based on incentives/dis-incentives and for creating an ecosystem to phase out older, unfit polluting vehicles.

Ministry has issued advisory to all States/UTs regarding live driving of vehicles.

The Motor Vehicles (Amendment) Act, 2019 as stands implemented provides for strict penalties for ensuring compliance and enhancing deterrence for violation of traffic rules and strict enforcement through use of technology.

Ministry has issued notification G.S.R. 575(E) dated 11th August, 2021 for Electronic Monitoring and Enforcement of Road Safety. The rules specify the detailed provisions for placement of electronic enforcement devices (speed camera, closed circuit television camera, speed gun, body wearable camera, dashboard camera, Automatic Number Plate Recognition (ANPR), weigh in machine (WIM) and any such other technology specified by the State Government).

Emergency care:
i. Ministry has published rules vide GSR 594(E) dated 29.09.2020 for the protection of Good Samaritan, who in good faith, voluntarily and without expectation of any reward or compensation renders emergency medical or non-medical care or assistance at the scene of an accident to the victim or transports such victim to the hospital.

ii. Ministry vide notification dated 25th February, 2022 has enhanced compensation of victims of Hit and Run motor accidents from Rs. 12,50,000 to Rs. 50,00,000 for grievous hurt and from Rs. 25,00,000 to Rs. 2,00,00,000 for death. iii. The National Highways Authority of India has made provisions for ambulances with paramedical staff/Emergency Medical Technician/Nurse at toll plazas on the completed corridor of National Highways.

(d) & (e) Ministry of Road Transport and Highways is mandated with the task of constructing and maintaining National Highways in the Country. Total length of National Highways in Union Territory of Jammu & Kashmir is 1876 km. The National Highways are designed and constructed as per IRC codes/Manuals.

GDC Mahanpur organized Int'l Conference

JI NEWS SERVICE

JAMMU, MAR 28: Degree College, Mahanpur organized International Conference on "Evolving Education in India: Challenges and Prospects" A Multidisciplinary Approach (Blended Mode) on 28th of March, 2023. The main objectives of the Conference were putting Value to Education, putting Values to Humanities, Language and Sciences and Challenges in Education at various levels after the implementation of National Educational Policy (NEP)2020 and exploring ways to improve it.

At the very outset, Dr. Sangeeta Sudan Principal and Conference Director formally welcomed the Chief Guest Sh. Alok Kumar Principal Secretary Hr.Education Department JKUT , Guest of honour, Key Note Speakers Dr. Catalino N Mandoza, Vice-Chancellor Eudoxia University USA, Dr. Parikshat Singh Manhas, Chairman, JKBOSE, Dr. Mandeep Singh Assistant Prof. University of Jammu , Dr. J.N.Baliya Head, Department of Education, Central University of Jammu and all the delegates and distinguished guests present in the virtual mode and offline mode . In her welcome address she emphasized on the need for collabo-

ration between different stakeholders to bring meaningful change in the Indian Hr. Education system. Dr. Sudan appreciated the efforts of Organizing Secretary Dr. Balbinder Singh and other members of Organizing committee for putting efforts tirelessly to make this Conference a great success.

The Chief Guest of the Conference Sh. Alok Kumar (IRS) appreciated the efforts of the college administration to organize such a wonderful and knowledgeable Conference to eradicate the problems and difficulties of present Education system after the implementation of NEP 2020.

The Key Note Speakers were Dr. Catalino N Mandoza, Vice-Chancellor of Eudoxia University USA, Dr. Parikshat Singh Manhas, Chairman, JKBOSE, Dr. Mandeep Singh Assistant Prof. University of Jammu , Dr. J.N.Baliya Head, Department of Education, Central University of Jammu while the Guest of honour were Dr. B.S. Bhatia Prof-Vice-Chancellor RIMT University Punjab and Brigadier Dr.Vijay Sagar Dhemam, VC G.K. University Punjab and Additional Director General, NCC.

First technical session was chaired by Dr. Arun Dev Singh and 25 dele-

gates discussed the theme of the conference. Second technical session was chaired by Dr. Ram Singh and Co-Chairman Dr. Rachana and about 20 scholars presented their papers offline.

Dr. Parshotam Dass Head, Department of Sanskrit conducted the whole proceedings of the conference and Prof. Rohit Sharma I/c Head, English Department presented the report of the International Conference.

The International Conference was attended by more than 130 faculty members, Research Scholars and students from various Universities and Colleges in India & abroad. In the end, formal vote of thanks was presented by Dr. Balbinder Singh, Organizing Secretary. The Conference of this magnitude could be held because of the combined efforts of the Advisory and Organizing Committee members including Prof. Arvind Kumar, Prof. Meena Devi, Sh. Sourabh Dutta, Dr. Parshotam Dass, Dr. Neetika Verma, Dr. Samvedna Sharma, Dr. Ajay Singh Manhas, Prof. Rafia Bano and Prof. Rohit Sharma of GDC Mahanpur.

Development narrative of BJP 'castle in air', ground reality exactly opposite: RL Gupta

JI NEWS SERVICE

JAMMU, MAR 28: Rattan Lal Gupta, National Conference Provincial President Jammu on Tuesday termed the development narrative trumpeted by the BJP leadership as 'Castle in the air', claiming that the ground reality is exactly contrary to what is being 'broadcast' day in day out.

In a statement issued to media persons, the senior NC leader said that the government has miserably failed on all fronts in J&K as different sections of people are forced to hit roads and streets seeking justice which is nowhere in the

sight as the party and LG administration sitting at helm believe in monologue and never bothered to feel the sufferings of people including KFs, daily wagers, employees posted in Valley, job aspirants facing scams one after another, and the common man confronting record inflation, highest ever unemployment, taxes imposed and implemented by the heartless rulers of the day.

Lambasting the BJP leadership, Rattan Lal said that despite ruling the country and J&K for nearly nine years the saffron brigade still finds solace in decrying the successive governments with bogus claims

that they didn't perform well in the past whereas the reality is that it is BJP leadership which has utterly failed in accomplishing anything significant for the people of J&K and the country.

Gupta said that the reality is that the present BJP Government is involved in misrule and irregularities as the scams are surfacing one after another. He said that the administration has also failed to contain the menace of drugs and substance abuse as under its reigns in J&K, He said that he has seen the reality, it is first time in the history of J&K that the so-called 'Development Sarkar' has

miserably failed to provide regular power supply during the holy Navratri and Ramadan. He said that BJP's 'Balloon of Development' has been punctured as many areas are without water, power and other essential commodities during the sacred month showing incompetence of highest level.

The NC stalwart said that the government in J&K has proficiency only in opening wine shops in every nook and corner, supporting mining mafia, and raising illegal toll plazas to increase the riches of those whose close ties with the people sitting at helm.

Aam Aadmi Party leader with workers join BJP in Kashmir

BJP OBC Morcha holds Joining program in Kashmir



JI NEWS SERVICE

JAMMU, MAR 28: Aam Aadmi Party leader Reyaz Ahmad Sheikh (General Secretary North Kashmir Aam Aadmi Party) with other party workers joined BJP in presence Of Ashok Koul, General Secretary (Org.) BJP, Jammu Kashmir

and Dr Darakhshan Andrabi, Chairperson Waqf Board.

Sarpanches, retired persons also joined BJP on the occasion. Bharatiya Janata Party (BJP) OBC Morcha led by Fayaz Ahmad Najar (Vice President BJP OBC Morcha) organized the

Program.

Prominent among the others Present in the Program were Mudaris Wani (Organizing Secretary North and Central Kashmir), Gh Mohidin Sofi. (District President BJP Baramulla), MM war (Prabhai) BJP Baramulla), Mohd Akhtar

Ganai (District President BJP OBC Morcha Baramulla) and others.

Ashok Koul welcomed the new entrants into the BJP family. He said that Reyaz Ahmad Sheikh decided to leave the AAP because the development module of Prime Minister, Narendra Modi, inspired him. He wanted to join the BJP to help the common masses in Kashmir.

Reyaz Ahmad Sheikh said that he joined BJP considering the national interest, National upliftment, and the aspirations of the People of Jammu Kashmir, youth upliftment and employment. He said that Platform by BJP is very much appropriate to provide a positive way out for the people of J&K especially the youth.

Mock interviews to sharpen the interview skills of students organised by DDC

JI NEWS SERVICE

JAMMU, MAR 28: Dogra Degree College Organized Mock Interview for Final Year Students of BBA, BA & B.Com on 27th and 28th of March, 2023.

In line with the constant endeavors of the institute and to strengthen the interview skills of students the Placement and Counseling Cell of the institution under the guidance of Ms. Preeti Sharma (Convener), Ms. Aradhana Sharma, Ms. Kanchar Dubey & Ms. Swati Mahajan, (Department Incharge), Ms. Sonia Gupta, Ms. Aditi Khajuria, & Ms. Shikha Gupta (Other Panelists) organised Mock Interviews for all the final year stu-



dents of Dogra Degree College. Out of 137 students 54 (21 from BBA, 14 from B.Com & 19 from BA) attended the Mock Interview. The mock interview provided the students

with the platform to develop on the interview strategies, improve the communication skills and overcome the stress before an actual job interview.

Such interviews are reg-

ularly conducted in Dogra Degree College for the benefit of the students to make them interview ready and have simulation-based learning before facing actual job interviews.

Enrollment drive Community Mobilization Program started in Zone Thannamandi

JI NEWS SERVICE

RAJOURI, MAR 28: On the direction of Director School Education Jammu Dr Ravi Shankar Sharma and Chief Education Officer Rajouri Sultana Kouser Enrollment Drive Community Mobilization started in Zone Thannamandi to aware public about different schemes of Government for the children.

In this regard Zonal Education Officer Thannamandi Parvaiz Akhter have passed direction to all the schools to conduct the drive in every Panchayat for community mobilization enrollment drive at Panchayat level.

In this regard today the program

was organised in different Panchayat including Khablan Churung, Dara Barhoo, Kalas, Bhanghai Manyal Lower Churung Behrote Shahdra Rajdhani Saj and other area of Zone Thannamandi. In these areas special meetings were also organised and staff started Door to Door campaign in the areas A large no of PRI's, Sarpanches, panches, Parents of students, Teachers and students attended the program at various places.

During the program it was told to general public to admit their little children from age of 03 yrs onwards in pre primary classes in nearest Government school. As a lot of beneficial schemes by Government are given to students in Govt schools

such as MDM, Free uniforms Text books Scholarships. It was told to them that student can play games in their schools as all the Government schools are equipped with sports Infrastructure and latest facilities like ICT CAL centres etc. Besides these a no of platforms are provided to student of Government Schools to excel in the area of interest.

As last year one student from the zone won the competition at Divisional level. During the program some other locals including PRI's also told locals to admit their children in the school and avail all the facilities of government for the students

NSS Unit of GDC Budhal conducts survey on "Youth not in Formal Education or Regular Employment"

JI NEWS SERVICE

BUDHAL, MAR 28: Today NSS Unit of Govt. Degree College Budhal conducted a Survey on "Youth not in Formal Education or Regular employment" at Lower Kewal which is adopted village of the NSS Unit of GDC Budhal.

Principal of the college Prof.(Dr) Mohd Mazammel Hussain addressing the gathering he instilled among the students the aims and objectives of NSS and role of NSS Volunteers in multifarious awareness campaigns and such types of Surveys for the benefit of the society. He appreciated the participation of the volunteers and whole heartedness of the faculty of the College and advised the



volunteers to show the similar enthusiasm in participating in the activities which are likely to be performed in near future.

Twenty Volunteers of NSS Unit GDC Budhal participated in this two-day Survey who surveyed 150 households.

The Survey was Conducted under supervision of Dr. Ajaz Hussain Shah, Programme Officer.

Napoleon presented on World Theatre Day

Aditya , Mila, Arun steal limelight , audience witness scintillating performance

JI NEWS SERVICE

JAMMU, MAR 28: On World Theatre Day, March 27, the artists and people of Jammu were treated with a scintillating theatrical performance at Abhinav Theatre day.

The play written by world renowned playwright George Bernard Shaw and adapted and translated by Vikram Sharma was performed by the NGO Care For You before a large section of audience drawn from various fields.

The play written by world renowned playwright George Bernard Shaw and adapted and translated by Vikram Sharma was performed by the NGO Care For You before a large section of audience drawn from various fields.



the conflict, which is introduced at the very beginning of the play and pursued hotly from the start. The action is mental; nothing physical rally takes place except for the innkeeper's comings and goings. The plot is a simple one: the lady has stolen Bonaparte's letters from his Lieutenant on the highway in order to remove a personal one written by Josephine to Director Barras and maliciously sent to Bonaparte.

He encounters her and attempts to retrieve his mail while she attempts to keep him from reading the contents of Josephine's personal letter. With the conflict of the mental action there is the battle between them for possession of the physical letters and then the contents of the one letter. The theme is that of how destiny turns on single events and remarks. Two key lines are spoken by the Lady because her brief comments, in the face of sure defeat, turn events in favor of her achieving her end by raising the right questions and motives in Bonaparte's mind. "What if Caesar's wife finds us both here

alone" Aditya Bhanu, the senior stage and film actor and director as General Napoleon Bonaparte rose to a position of command and authority as the general of world command and gave a historically the best roaring performance.

Mila Raj, a new theatrical find, was the pick of the show as her maiden stage appearance left the audience spellbound as she maneuvered the role of cunning

Emily Preston to her best. Arun Sharma, Lieutenant Alex Cooper, another new stage entrant did not falter a line and kept his motion well-paced with the dramatic nuances of the drama.

The play was produced by Jammu and Kashmir Academy of Art Culture and Languages and directed by Vikram Sharma who also chipped in with a cameo to support the production which was presented as a tribute to late SM Santosh Sharma (mother, Vikram Sharma).

Others who supported the production in various roles at backstage included Sapna Soni, Shilakha Sharma , Shalini Sharma , MJ Sunny , Vikram Mehta, Bindia Chandan, Supreet Kour , RJ Rahul , Ravi Sharma (Dhanraj Studio), Rahul Khatri, Tani Deol, Simone Prabhakar, Dilshad Shazi, Juhu Kalsotra , Pankaj Sharma and Lokesh Sharma.

District Doda wins two awards in Kayakalp 2022-23

JI NEWS SERVICE

DODA, MARCH 28: In the Kayakalp 2022-23 awards declared by the Union Territory of Jammu and Kashmir, District Doda has been recognised for its excellence in public health facilities. The initiative encourages facilities to work towards standards of cleanliness and hygiene.

Community Health Centre (CHC) Bhaderwah received a commendation award and Health and Wellness Centre (HWC) Dhar was named a winner under the Kayakalp Programme of the National Health Mission.

Chief Medical Officer, Dr AH Zargar, congratulated both health facilities and expressed gratitude to the Block Medical Officers and staff for achieving this award. He hoped that all other facilities in the district will achieve many milestones in the future.

THOUGHT OF THE DAY

Logic will take you from A to B. Imagination will take you everywhere - Albert Einstein

JINDRAH IMAGES

Dhangri massacre: Patience running out

Victims of the Dhangri massacre that took place on the first day of this year are running out of patience. The failure of security agencies to identify and trace the terrorists involved in the barbaric killing of seven persons of minority community, two of them minors, is primarily the main reason for the growing resentment among the natives of Dhangri village. In the next couple of days, the carnage will complete three months but perpetrators of this terror attack are yet to be punished. Now, the family members of Dhangri terror attack victims have threatened to migrate from their village to a "safer" place and return the ex-gratia amount if the Government fails to catch the attackers and bring them to justice. Terrorists had struck Dhangri village on January 1 and targeted villagers and fled before planting an Improvised Explosive Device (IED) in which seven persons of minority community while 14 others were injured. They have made it clear that they don't need jobs and money. They only need justice by bringing terrorists and their supporters to book. Unfortunately, security agencies are still groping in the dark as they have no clue, whatsoever, about the perpetrators of this gruesome terror act. They have announced a reward for the information of perpetrators of this heinous crime but this too has yielded no positive result for them. The failure of security agencies to track down perpetrators has caused strong resentment among the local residents who have been asking for justice for the victims. Victims' family members have demanded for identification of the attackers. The massacre of minority community people was not only an attempt to reignite the fire of terrorism in the border districts, including Poonch, but terrorists understandably wanted to create a situation akin to the 1990s in Kashmir Valley where the minorities were targeted and forced to leave their homes and hearths. In the Dhangri incident, terrorists too checked Aadhaar cards of all victims before spraying bullets on the basis of their religion. The massacre was, no doubt, a clear case of major security lapse and negligence. Locals had reported terrorist sightings in Rajouri and the intelligence agencies had also raised an alarm about a likely 'fidayeen' attack days ahead of the Dhangri massacre. Security agencies could not anticipate the likely target of the terrorists or trace their movement. Both these districts border Pakistan-occupied Kashmir and have a long Line of Control with dense forest cover. Till 2019, Rajouri was declared as zero-militancy district, when the Centre abrogated controversial Article 370. Under desperation and guided by their mentors from across the border, terrorists have increased their activities in Rajouri and Poonch districts in recent months. Shockingly, the UT administration has also failed to fix responsibility for the security lapse to send a strong message that complacency has no room. Though efforts have been made to strengthen village defence committees in the area, a lot needs to be done to restore the shattered faith of the people. The need of the hour is that security agencies should not only work in close coordination with each other but also strengthen their intelligence grid to ensure that terrorists are not able to repeat such type of carnage in near future.

COLD CHAIN INFRA KEY TO MINIMISING FOOD LOSS

The G20-nurtured Technical Platform on the Measurement and Reduction of Food Loss and Waste provides factsheets on the adoption of best practices based on successful field pilots in 56 supply chains across 23 countries. The need is to broaden these factsheets by plugging in inputs on low-cost innovations by agri startups.

ABHILAKSH LIKHI

FOCUSING attention on the impact of food loss and waste on nutritional security, natural resources and climate change is among the key mandates of India's G20 presidency. The objective is to build a consensus on leveraging economic opportunities for small and marginal farmers through sharing of global reduction strategies, innovative approaches and the best practices. In this context, 'Sapkrishi' is a startup in Bihar that is helping farmers store their produce for a longer time while also keeping it fresh. A unique storage device developed by it, called 'Sabjikohti', requires 10 watts of electricity either on or off the grid and a litre of water a day. This storage device can be transported on anything, from a wooden cart to an e-rickshaw or even a truck. Compared to conventional refrigeration that can store up to 30 to 40 kg of fresh produce, the 'Sabjikohti' offers 10 times the capacity. This enables preservation of fruits and vegetables, the startup claims, up to 30 days and prevents produce loss as well as CO2 emissions.

Interestingly, 'Sapkrishi' has also created a chain of farmgate micro-entrepreneurs in cities such as Bhagalpur, Patna and Kanpur who can purchase produce from farmers digitally through the startup's app at a fair price and sell directly to consumers.

The 2021-22 horticulture production of 342.23 million tonnes has outpaced the production of foodgrains in the country. A significant change is also occurring in the food consumption pattern from cereals towards nutrition-rich diets. More specifically, with a production of 107.24 million tonnes and 204.84 million tonnes, fruits and vegetables account for 31.1 per cent and 59.8 per cent of the domestic production, respectively. Their share is 11.4 per cent and 11.8 per cent of the world production, respectively. While we are the second largest producer of fruits and vegetables in the world (largest producer of mango, banana, guava, papaya, lemon, lime, and okra), our global share of horticulture exports stands at 1.4 per cent and 0.8 per



cent for vegetables and fruits, respectively.

According to the Food and Agriculture Organisation (FAO), out of 1,850 million tonnes of fruits and vegetables produced globally, approximately 44 per cent in developing countries are lost in the supply chain between harvest and consumption. A study conducted by the ICAR-Central Institute of Post-Harvest Engineering & Technology (CIHET) points out that for fruits and vegetables the post-harvest losses in India range from 4.58 per cent to 15.88 per cent of the country's horticulture production.

The Doubling Farmers' Income Committee (DFI) Report, 2017, also affirms that for the farmers, especially small and marginal ones, fruits and vegetables fetch the highest economic value in their fresh form and that post-harvest ageing can only be slowed down by cooling to their optimal holding temperatures and through humidity control. Hence, experts have emphasised on the need to invest in post-harvest 'cold chain infrastructure' at the farmgate on a massive scale that would enable more farmers to preserve fruits and vegetables while also giving them the necessary time to sell at a remunerative price.

In such a cold chain, the harvest undergoes cleaning, sorting, grading, washing, waxing and packaging along with pre-cooling at a farm-

gate aggregation 'pack house'. The produce is further transported to cold rooms on wheels (also called reefer vehicles) to distribution hubs with ripening chambers in and around periodic haats, wholesale, retail and terminal markets and, thus, preventing food losses.

Experts, however, point out that a majority of the cold stores are standalone units and do not own direct connectivity in the form of refrigerated transport (whether by road, port, rail or air) since they were designed to service crops like dried chillies and seeds. They, therefore, contend that there is a need to create these integrated facilities in the agricultural supply chain between the Origin (farm source) and Destination (consumer market) - 'OD pairs' - by factoring in seasonality as well as crop specificities: for fruits and vegetables such as mango, banana, papaya, lemon, okra, onion, tomato, cabbage, cauliflower, brinjal and cucurbits that are abundantly grown for the domestic market and for mango, banana, grapes and pomegranate that are exported.

A 2015 study conducted by the National Centre for Cold Chain Development (NCCD) estimates the need for capital investment of Rs 89,375 crore for setting up such integrated farmgate infrastructure in the country. The NCCD also conducted a study in 2016 to meas-

ure the impact of cold chain for the low-cost, high-yield fruit mandarin (kinnow) from farmgate in Punjab to a market 2,500 km away in Bengaluru by truck. The study revealed a food loss reduction to the extent of 76 per cent.

In this context, the Rs 1 lakh-crore Agricultural Infrastructure Fund (AIF) provides instruments of medium- and long-term debt financing for farmgate cold chain to agri entrepreneurs, startups, FPOs and e-marketing platforms in the states. Second, 'Kisan Rail' and 'Kisan Udaan' initiatives have been launched to supplement efforts to strengthen post-harvest connectivity under the Mission for Integrated Development of Horticulture. The Haryana Government, in fact, has signed an MoU with the University of Birmingham to develop horticulture Centres of Excellence for 'clean' cold chains, too.

The G20 agriculture group deliberations to strengthen knowledge-sharing of food waste reduction strategies under India's presidency assume criticality in the context of the three crises of the pandemic, conflict and climate change. The G20-nurtured Technical Platform on the Measurement and Reduction of Food Loss and Waste (TFLW) based in Rome provides factsheets on the adoption of best practices based on successful field pilots in 56 supply chains across 23 countries.

Despite Oppn backing, Congress at a crossroads

RASHED KIDWAI

CONGRESS leader Rahul Gandhi was disqualified from the Lok Sabha last week after a Surat court convicted him in a defamation case over the 'Modi surname' remark, which he had made more than 1,000 km away in Karnataka in 2019. The development has virtually fast-tracked the build-up to the 2024 General Election. Suddenly, the entire non-BJP/NDA Opposition has stood up in solidarity with Rahul. Arvind Kejriwal, Mamata Banerjee, Pinarayi Vijayan and KC Chandrashekar Rao, Chief Ministers of Delhi, West Bengal, Kerala and Telangana, respectively, often considered hostile to Rahul and the Congress, swiftly attacked the BJP, terming the disqualification a death knell for democracy and a metamorphosis of BJP's vindictive politics into autocracy. Several other prominent leaders, such as Akhilesh Yadav, Jayant Chaudhary, Hemant Soren, Uddhav Thackeray and Sharad Pawar, have termed the development as the BJP's authoritarian attack on Indian democracy.

These remarks may be music to Rahul's ears, but the future roadmap for the grand old party is tricky. The first roadblock in the way of a united Opposition is Rahul's own reluctance to take everyone on board. The Gandhi scion, who has been in poli-



tics since 2004, has shown little interest in warming up to the likes of Mamata, Kejriwal and Nitish Kumar, while Tamil Nadu Chief Minister MK Stalin continues to be a notable exception. On many occasions, Rahul did not mince words while criticising the then Uddhav Thackeray dispensation, even though the Congress was then a part of the Shiv Sena-led ruling coalition in Maharashtra.

Unlike the 1975-77 movement against the Emergency, the 1987-89 Bofors scandal or the 2011-13 India Against Corruption stir, the Opposition lacks an anchor such as Jayaprakash Narayan, VP Singh or Anna Hazare. The Congress may also

take note of how JP, VP, or Anna were able to involve numerous student unions, lawyers, media personnel, trade unions and others in their campaigns. These stakeholders in democratic values greatly helped the political parties and individuals achieve their goal of dislodging those in power. At present, the Congress' organisational network is near-defunct and not in a position to launch an effective public campaign in support of Rahul Gandhi. The mood and morale of the party rank and file are nowhere near the spirit of 1977 when the Congress went out of power for the first time.

In the 1977 General Election,

RAHUL GANDHI MAY HAVE CLAIMED THE MORAL HIGH GROUND AND COLLECTIVELY, THE OPPOSITION MAY BE SENSING AN OPPORTUNITY IN HIS DISQUALIFICATION FROM THE LOK SABHA, BUT REGIONAL SATRAPS AND THE CONGRESS MAY FIND IT DIFFICULT TO WORK OUT POLITICAL SYNERGY. ONE-UPMANSHIP, PERSONAL AMBITIONS AND THE RIVAL CAMP'S MACHINATIONS ARE SOME OF THE EASY TOOLS THAT CAN DEMOLISH THE PROSPECT OF POLITICAL SYNERGY IF AN ANCHOR IS NOT IN PLACE.

Rahul's uncle Sanjay Gandhi made sure that Youth Congress leaders were given 100-odd Lok Sabha tickets. As a result, the Youth Congress of the Sanjay era remained fiercely loyal to the leadership. When the counting for the 1977 Lok Sabha elections was going on in the Tis Hazari court of Delhi, jubilant Janata Party and Jana Sangh workers coined a slogan to mock the Congress - 'Congressi dikhao, sau rupaiya pao (show a Congressman and win Rs 100)'. Some party veterans chose to bear the humiliation, but the Youth Congress leaders decided to hit back, even though the counting had shown that all Congress nominees from Delhi were trailing. 'Haan hum hain Congressi, lao sau rupaiya,' they retorted.

In the days after the verdict against Rahul and his subsequent disqualification, Congress protests in various parts of the country have been patchy and perfunctory, even failing to get the local media's attention. Rahul's ire against mediapersons will not help the party's cause. In his scheme

of things, Rahul wishes to keep the spotlight on Adani's relationship with Prime Minister Narendra Modi and not on the defamation case.

Rahul must look back to the days of the Bofors controversy and see how the then Opposition had benefited from the media investigations against the Rajiv Gandhi government. His allegations of financial wrongdoings or compromises on matters of national security would have a greater ring of credibility if they were backed or corroborated by media reports.

Throughout his Bharat Jodo Yatra, Rahul leaned heavily on civil society groups and activists such as Medha Patkar, who are known for their left-of-centre ideology.

The big question is whether Rahul would be able to rope in these civil society groups in his latest make-or-break survival campaign. The possibility of drafting student unions, trade unions and lawyers' bodies is even more daunting. Rahul's ratings are reportedly very low among the millennium kids. Similarly, most of the lawyers' bodies have little associ-

ation with the Congress or its ideological moorings.

Since the 1991 economic reforms, the trade unions have moved away from the Congress, so much so that its staunch supporter, Indian National Trade Union Congress (INTUC), is often not on the same page as the parent organisation. The INTUC, in its 33rd plenary held recently, urged the Congress to reconsider the economic policies it had been following since 1991 and go back to the 'Nehruvian' path of mixed economy.

In a nutshell, Rahul may have claimed the moral high ground and collectively, the Opposition may be sensing an opportunity in Rahul's disqualification, but regional satraps and the Congress may find it difficult to work out political synergy because such a collaboration fundamentally entails a mindset to bring the leadership and the campaign together. One-manship, personal ambitions and the rival camp's machinations are some of the easy tools that can demolish the prospect of political synergy if an anchor is not in place.

SARA ALI KHAN says she doesn't associate herself as a royal: 'I find it ridiculous'

Sara Ali Khan considers herself to be a Mumbai girl and doesn't associate herself with royals despite her lineage. She is the daughter of actors Saif Ali Khan and Amrita Singh and the granddaughter of actors Sharmila Tagore and Mansoor Ali Khan, the last Nawab of Patnauli. Her great-grandfather was the last ruler of the princely state of Patnauli during the British Raj. The young actor spoke about having a normal upbringing in Mumbai and living a simple life, not connected to royalty.

In Gaslight, Sara plays a young woman, Meesha, who is in a wheelchair and comes back home to find that her father isn't there to welcome her. Her stepmother (Chitrangada) and those on the family estate are also unable to help her. The psychological thriller, directed by Pawan Kripalani,

was filmed on a palatial estate. But the young woman shared that she had grown up far away from a royal lifestyle, despite her lineage.

In an interview with The Hindu, the actor said, "I find it ridiculous when people think that. I don't associate myself as a royal." She added, "I've lived in Juhu in Mumbai most of my life with my mother. I go to Bandra to meet my dad. I holiday in Himachal Pradesh and Kedarnath and Jammu and Kashmir. Like seriously, I don't know what royal means."

Her parents were divorced in 2004 and she and her younger brother Ibrahim Ali Khan were brought up by Amrita. Ibrahim is also rumoured to be joining films later this year. Her grandmother Sharmila was last seen in the Disney+ Hotstar film Gulmohar. The actor is currently working on



Nani's Bollywood Wishlist: Acting With Deepika Padukone, Aamir Khan



Telugu superstar Nani, who is travelling to different cities to promote his film, 'Dasara', said that he would love to share screen space with Bollywood actress Deepika Padukone and will also explore an opportunity to work with Aamir Khan.

He told agencies: "I would love to work with Deepika Padukone as she is a marvellous actress and definitely if I get an opportunity and a right story, I would just love to be cast opposite her."

Nani is known for his work in Telugu films like 'Ashita Chamma', 'Ride', 'Bheemili Kabaddi Tattu', 'Ala Modalaindi', 'Pilla Zamindar', 'Eega', 'Yeto Vellipoyindhi Manasu', 'Yevade Subramanya', and many more. He also hosted the second season of 'Bigg Boss Telugu', and got a lot of appreciation in the movie 'Jersey'.

As the actor talked about his special love for Bollywood, he shared that he wants to be part of a Rajkumar Hirani project. He added: "The one Bollywood director I really want to work with will be Rajkumar Hirani. I am just fond of the kind of movies he makes."

Asked about his favourite Bollywood star with whom he would like to work, he said: "I just wish to work with Aamir (Khan)sir. I enjoy watching his movies," adding that he will also watch Ajay Devgn's 'Bhola'.

Moving ahead, Nani talked about his wife Anjana, and said that she is fond of his movies. "She just loves watching my films and always goes for the morning show on the release date. She loves watching the film with the crowd." Nani spoke about his untitled project and said: "My next film will be completely opposite of 'Dasara'. I will be playing a father of a 6-year-old girl. There will be a completely different set up and my character is also going to be completely different from what I am playing in this movie."

Alia Bhatt returns to Mumbai after 30th birthday trip in London, fans say she looks like a teenager

Alia Bhatt celebrated her 30th birthday in London with family. She arrived in Mumbai and posed for paparazzi while Ranbir Kapoor stayed inside their car. After bringing in her 30th birthday in London, Alia Bhatt returned to Mumbai on Tuesday. The actor turned 30 on March 15 but celebrated a bit later with husband, actor Ranbir Kapoor, mother Soni Razdan and sister Shaheena Bhatt in the UK. Alia had posted pictures of her time in the British capital, spending time with loved ones and exploring the city. As she returned to Mumbai, Alia was spotted at the airport in a casual but simple outfit of a white jacket and black jeans. A paparazzo account posted a video of Alia's return when she posed for the waiting photographers before head-



ing into her car. The video was captioned, "#RanbirKapoor came to pick #aliabhatt

though he did not get clicked." As she went to stand for the photographers, Alia tied up her hair in a bun.

Fans commented on her youthful looks in the video. One fan wrote, "Can't blv she is married girl and she have a baby. Still looking teenager." Another added, "Ye kaunsi bhi angle se wife aur mom lagti nhi (She doesn't look like a wife or a mother from any angle) looking so young like 22years college girl."

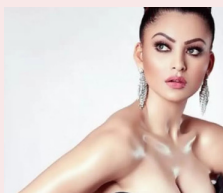
Alia and Ranbir got married in April 2022 in their Mumbai home in a private ceremony with close family and friends only. They welcomed their first child, daughter Raha Kapoor, on November 6, 2022. They both acted together in Ayan Mukerji's fantasy adventure film Brahmastra: Part One - Shiva.

Last year, Alia was also seen in RRR, Gangubai Kathiawadi and Darlings, all of which were hits. She turned producer with Darlings, which premiered on Netflix.

Later this year, Alia will be seen in Karan Johar's Rocky Aur Rani Ki Prem Kahaani. She made her debut with Karan's Student Of The Year in 2012. In Rocky Aur Rani Ki Prem Kahaani, Alia is paired opposite Ranveer Singh. Dharmendra, Jaya Bachchan and Shabana Azmi.

The actor is also expected to begin shooting for Farhan Akhtar's Jee Le Zara with Priyanka Chopra and Katrina Kaif. She will also make her Hollywood debut in August with the Netflix film Heart of Stone starring Gal Gadot.

Urvashi Rautela Steps Out With Jason Derulo For A Meal



Actress Urvashi Rautela was recently spotted with international star Jason Derulo. The 'Jalebi Babu' hitmaker is in India currently for his work commitments.

Urvashi and Jason will be soon seen together in an international music video 'Soniye' that is going to be released soon.

Urvashi donned a metallic silver sleeveless plunging neckline crop top, with strings attached at the back, along with black dazled pants and pointed flared toe pumps heels. The actress rounded up her look with a perfect high, sleek ponytail, blushed cheeks, and glossy lips. Jason chose a cool sweatshirt along with black ripped jeans and sports shoes. He sported blue coloured hair. The duo posed together for the paparazzi with all smiles and posed for them happily.

Priyanka says she was in 'tumultuous' relationship when Nick Jonas first texted: 'Didn't want to engage as much'

Priyanka Chopra recently said she judged Nick Jonas when he first texted her. She was already in a relationship and admitted wanting to further chat with him. Actor Priyanka Chopra recently revealed she was approached by her husband-singer Nick Jonas in 2016 while she was already in a complicated relationship. Without revealing the name of her ex, Priyanka said she initially didn't want to engage much with Nick during their initial communication as she was 35 years old and the Close singer was 25.

Nick Jonas and Priyanka Chopra Jonas started talking in 2016 when Nick texted her on Twitter and they exchanged numbers. They met at the Met Gala 2017 for the first time and began dating in May 2018. Two months later, they were engaged and walked down the aisle on December 1, 2018. They welcomed their first child, daughter Mali Marie Chopra Jonas in January 2022, via surrogacy.

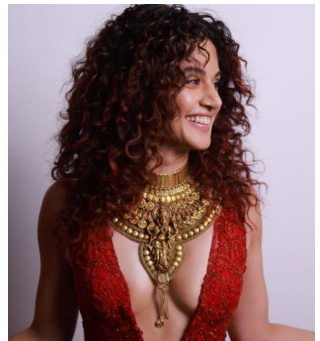
Talking about Nick, Priyanka clarified her situation, contrary to

the belief that she got engaged to her husband only after two months of knowing him. She told Max Shepherd on his podcast Armchair Expert in a new interview, "He (Nick) slid into my DMs in Twitter. I was in a tumultuous relationship at that time. This is 2016 and we had common friends who like didn't want me to be in my [previous] relationship. They were like 'Oh, he is single too. He is not really with that girl but he is.' It was complicated on both our ends. Our friends were like you guys should meet and it didn't happen. His brother (Kevin Jonas) loved Quantic. I'm really glad because he told Nick, pointing me at a billboard, 'You should call her.' He (Nick) had a few people being like 'Call her,' so he just DMed me and I was like 'Why don't you just text me?' because my social team will just read these messages. He was like 'Ya, ya, ya, you just want to give me your number.' I kinda did [and I] didn't wanna admit at that time because I was in a relationship." Priyanka

further was asked if she was a serious monogamous person in nature, to which she admitted. "Yes, I was in long, long serious relationships, 6 years - 5 years average, but back-to-back." She also added, "When Nick texted me in 2016, slid into my DM and we started chatting, I was at the end of my last long relationship before Nick. I didn't want to engage as much at the time. I was like 35, he was 25. I really put a stop on it in a way because I judged the book by the cover. I said, 'I wanna settle down. I have been there and done the fun days.' I was like ready to get serious, not realising my husband was actually a dear old man stuck in a 25-year-old's body."

Priyanka said she and Nick were in touch for two years via random texts and more. They met for the Met Gala as both were single and went wearing Ralph Lauren as a couple. She also mentioned how much fun they had and how Nick even went on to help her with the dress which was the talk of the night.

Religious Outfit Files Complaint Against Taapsee Pannu For Hurting Sentiments



A complaint against Bollywood actress Taapsee Pannu, who is known for films like 'Pink', 'Blurr', 'Haseen Dillruba' and several others, has been filed for hurting religious sentiments after she donned a necklace with Goddess Lakshmi's sculpture paired with a revealing set of clothing as per the complainant.

The 'Mannariyaan' actress had uploaded a picture and a video on March 14 from the ramp walk at Lakme Fashion Week held on March 12 in Mumbai. The religious outfit Hind Rakshak Sangathan has filed a charge against Pannu for violating religious emotions and spreading obscenity.

The allegation was made by Eklavya Singh Gaur, the convener of the Hind Rakshak Sangathan Indore, who is also the son of BJP MLA Malini Gaur. Police said that they received a complaint from Eklavya Gaur against actress Taapsee Pannu for hurting religious sentiments and the image of the religion.

Taapsee is yet to react or issue a statement on the legal action.



Without Its Hot Star HBO, A Dis- ey+ Sub Is Slim Dicki- gs

SOMETIME IN 2021, I got a text that Deadwood had disappeared from Disney+ Hotstar without warning. The messenger of bad tidings was an old friend I had once held hostage at a party with fittingly drunken, expletive-laden, neo-Shakespearean rhetoric as I made a case for why the revisionist Western should be next on his watchlist. It took the enforced leisure of the pandemic for him to finally get to it. However, between finishing the second season and starting the final one, the digital rights to the series had expired. On learning of Deadwood's disappearance, I opened up the app in panic to

check if the other HBO shows I so cherished had disappeared as well. They hadn't. I breathed a sigh of relief before writing back a text to the effect of "At least we still have all the others to watch and rewatch at our convenience". Not anymore. "Mubi for movies, Hotstar for HBO" had been my mantra for the most part, must-renew streaming subscriptions in a sea of one too many. Alas, I may have jinxed it. COME APRIL, we will no longer be able to stream any of the HBO shows on Disney+ Hotstar. Outcry has been quick and rising. Subscribers have turned to social media to vent

their shock, grief and anger over the announcement. The timing of it couldn't be worse as the final season of Succession has just got underway. If losing the rights to IPL last year cost the streaming platform close to 4 million subscribers, losing HBO may prove to be a considerable, even if not equal, setback to its growth. The move comes amid a strategic shift on Bob Iger's return as Disney CEO and aligns with his \$5.5 billion cost-cutting and restructuring blueprint. A pity that the very thing that helped grow Hotstar's subscriber base is about to become a footnote in its digital history.

Of all the networks, HBO continues to enjoy a particularly hallowed reputation among TV lovers because it has always made the kind of shows that got people talking. Watching Game of Thrones, Succession and The Last of Us the same time the shows aired in the US sure had us all talking. Being home to HBO's catalogue of better-than-TV had earned Hotstar second-hand bona fides as the place one went to find ground-breaking shows with a sophisticated edge. Losing access to those shows feels like losing a sense of essential TV history. PERHAPS finding the last refuge from the tyranny of

Disney's monoculture on a Disney-owned platform may have been too good to last. Just as we were getting used to the idea of how streaming had democratized access and the entertainment industry with it, we are reminded it all rests on the vested interests of legacy media companies and content distributors. From a business perspective, negotiating licensing deals with rivals building their own streaming services is akin to cannibalising. If subscribers are streaming licensed content instead of original content, it ends up eating into the returns streamers expect to see while investing in their own shows.

Study shows mindfulness activities can play important role in improving mental health

According to study, normalizing mindfulness practices can improve emotional well-being of a graduate student.

"Because of the state of graduate student mental health nationally, there's a tangible need for a concrete intervention like this," says Susan Hagness, a professor of electrical and computer engineering and one of the study's co-authors. "How do we help our students develop resiliency and a really robust toolbox, both professional and personal, to flourish in an environment where there's inevitably going to be stress? We're getting the word out that investing in self-care is important, and it's normal."

Cultivated through practices such as meditation, yoga or prayer, mindfulness centers around being in the present moment in an open, non-judgmental, curious, accepting way. In recent years, corporate giants like Google, Intel, Nike, General Mills, Target and others have included mindfulness in employee development activities to reduce employee stress and burnout, and enhance their focus, creativity, job satisfaction and wellness.

The UW-Madison research included two studies involving a total of 215 participants across six academic semesters at UW-Madison (and the final four semesters concurrently at the



University of Virginia). In the study, engineering graduate student cohorts participated in an hour-long, instructor-led mindfulness training program once a week for eight weeks.

This "Mindful Engineer" curriculum was based on an existing Center for Healthy Minds training, "Cultivating Well-Being in the Workplace," and drew on neuroscience-derived concepts described in *The Emotional Life of Your Brain*, a book co-authored by center founder Richard Davidson, a professor of psychology and psychiatry at UW-Madison.

Each weekly session built on the previous weeks' content; stu-

dents learned about the brain's neuroplasticity and how it can be trained to change responses to emotions.

They explored the six dimensions of emotional style (attention, self-awareness, resilience, outlook, social intuition and sensitivity to context) and learned strategies for creating and maintaining healthy mental and emotional habits.

The graduate students also received training in mindfulness meditation and other contemplative practices, cognitive skills and techniques, and each session included time for meditation and cognitive exercises.

In post-training surveys, stu-

dents reported significantly improved emotional well-being, a more positive outlook, fewer negative emotions and increased mindfulness.

Over the same period, the control groups (which received training at a later date) noted steady or decreased well-being. Mindfulness participants also reported they were better able to manage stress and anxiety, deal positively with setbacks, work more effectively with colleagues and focus on their research.

"What was beautiful is that we saw a really consistent pattern of results across all of the cohorts we did this study with," says Pelin Kesebir, an honorary fel-

low with the Center for Healthy Minds and a study co-author.

Somewhat surprisingly, the researchers also found that engineering graduate students were open to mindfulness training and were not only highly satisfied with it, but also enjoyed the opportunity to connect with other graduate students.

"In the literature, there's evidence that engineers are less likely to seek treatment for mental health issues — so our team wondered if engineers would engage with this," says Wendy Crone, a professor of engineering physics and mechanical engineering and a study co-author.

"The answer is that they did, and we had great cohorts throughout the project."

The researchers say they'd like mindfulness training to be integrated into the graduate student experience in the future. In the meantime, they recommend the Healthy Minds Program app which offers podcast-style lessons and seated and active meditations.

And while the researchers focused on engineering graduate students, they note that adopting a mindfulness practice can be a positive step for anyone.

"Modest investments of your time can result in really significant benefits to your overall well-being," says Hagness. "Small investments in self-care can have long-term rewards."

Decoding trauma bond relationships: Signs and cyclical patterns



Trauma bonding is a phenomenon that can occur in any type of relationship but is most commonly seen in romantic relationships and it occurs when a person who is being abused develops a sympathetic bond with their abuser and fails to recognise the negative impacts of the relationship. In other words, a trauma bond usually involves a victim and a perpetrator in a uni-directional relationship wherein the victim forms an emotional bond with the perpetrator where it is generally easier to leave a situation that is entirely bad, one where the abusive person never offers any kindness or concern but in abusive relationships, your partner occasionally does treat you well — they might bring you gifts, call you their soul mate or take you out.

In an interview with HT Lifestyle, Dr Vanishree BN, Consultant - Psychiatry at Manipal Hospital in Bangalore's Sarjapur, shared, "The abuser may use verbal, physical or sexual abuse and the victim may become accustomed to it, waiting for a moment of love and care from the abuser. The relationship may become intense and the victim may fear expressing their true feelings to avoid conflicts. They may feel that living in fear of the abuser is better than leaving the relationship."

Highlighting that the cyclical pattern of abuse, followed by love and care, forgiveness and then abuse again, can be difficult to break, Dr Vanishree BN revealed, "This leads to a pattern of trauma bonding where the victim waits for little bits of love and care from the abuser, which continues the cycle. It is important to recognise that trauma bonding can occur in any type of relationship and it can be difficult for the person experiencing it to recognise the negative impacts of the relationship."

CHILDHOOD TRAUMA LINKED TO MENTAL HEALTH ISSUES IN ADULTHOOD

TWO NEW STUDIES FIND THAT CHILDHOOD TRAUMA STAYS WITH US FOR LIFE.

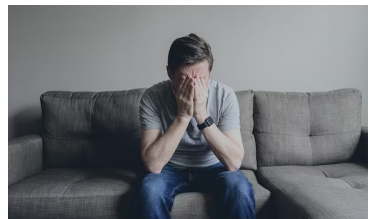
Two new studies suggest that people carry the weight of childhood trauma into adulthood, manifesting in mental health struggles and anger.

The first study, recently presented at the European Congress of Psychiatry in Paris, found that childhood trauma affects men and women in markedly different ways. An international research team led by Dr. Thanavadee Prachason of the University of Maastricht in the Netherlands examined data collected from 791 people regarding their experiences with trauma as children.

The team also analyzed participants for mental health symptoms, including phobias, anxiety, depression, obsessive-compulsive disorder, interpersonal sensitivity, and others. They found that both men and women who experienced trauma as chil-

dren were likely to develop mental health concerns as adults. However, the propensity toward mental illness was more profound in women than men.

Women who were victims of abuse — emotional, sexual, etc. — were more affected as adults than men who were abused as children, whereas men who experienced neglect as children were more affected than adult women with similar childhood experiences. According to Prachason, "Women who had been sexually abused in childhood had more subsequent symptoms than those who hadn't, but this pattern wasn't found in men." "Physical neglect may include experiences of not having enough to eat, wearing dirty clothes, not getting taken care of, and not getting taken to the doctor when the person was growing up. Emotional neglect may include childhood experiences



like not feeling loved or important, and not feeling close to the family," Prachason explained.

The second study, also presented at the European Congress of Psychiatry in Paris, examined the relationship between childhood trauma and anger as an adult. The research team, led by Nienke De Bles of Leiden University in the Netherlands, examined data from 2,276 peo-

ple aged 18 to 65 regarding experiences of childhood neglect and abuse as well as trauma from the loss of a parent, divorce, or foster care placement. Participants were also assessed for mental health concerns and questioned about anger.

"There is surprisingly little research on anger in general," De Bles explained. "The Netherlands Study of

Depression and Anxiety is a well-established study which has produced a lot of good scientific data, but there has not been any significant work looking at the data on childhood trauma and seeing if this is linked to increased levels of anger. We have now found that there is a link." The team found that children who experienced neglect or abuse and developed anxiety or depression as adults were 1.3 to two times as likely to have concurrent anger issues, and more extensive trauma resulted in a higher likelihood of developing anger as an adult. "We found that children who suffered emotional neglect had an increased tendency to grow into adults who were irritable or easily angered, whereas those who had been physically abused had a greater tendency towards anger attacks or antisocial personality traits," De Bles said.

How to rewire your brain to feel good



If you hate Mondays, you're most certainly in good company. After a couple of days off, many of us have difficulty settling back into our routines and work duties. You may even have dread and anxiety that seeps into the weekend in the form of "Sunday scaries".

You can't always change your schedule or obligations to make Mondays more appealing, but you may be able to "reprogram" your brain to think about the week differently.

Our brains love predictability and routine. Research has shown that lack of routine is associated with decline in wellbeing and psychological distress. Even though the weekend heralds a leisurely and pleasant time, our brain works hard to adjust to this sudden change to a routine.

This article is part of Quarter Life, a series about issues affecting those of us in our twenties and thirties. From the challenges of beginning a career and taking care of our mental health, to the excitement of starting a family, adopting a pet or just making friends as an adult.

Shilajit for fitness: Boosting testosterone to collagen, Ayurveda expert reveals health benefits of the Himalayan herb

Shilajit, an Ayurvedic resin found in the Himalayan range, is known for its aphrodisiac properties but according to experts, what has yet to receive the limelight is its ability to offer a host of other health benefits that can help you maintain your fitness and wellness goals. Ayurveda experts insist that regular consumption of Shilajit can provide your body with essential minerals, vitamins, antioxidants and other nutrients that support your overall health and vitality.

Achieving the perfect fitness regime requires a combination of exercise and a balanced diet and identifying key ingredients that can boost physical performance is essential. In an interview with correspondent Lifestyle, Dr Kriti Soni, Head of R&D at Kapiva, shared, "Shilajit, which has been used for centuries in Ayurvedic medicine as a rejuvenating and energising tonic, offers many health benefits that can support a fitness journey."

2. Promotes protein and iron



absorption. Another key benefit of Shilajit is its ability to promote better absorption of protein and iron. It is clinically proven that Shilajit can help with the absorption of protein and build muscle to boost energy levels. Iron deficiency is a common nutrient deficiency worldwide, and it can lead to anaemia and reduced physical per-

formance. Shilajit is rich in iron, which is essential for forming red blood cells and carrying oxygen to the muscles during exercise. Consuming Shilajit before a workout can help maintain balanced energy levels and reduce muscle soreness and fatigue.

3. Boosts testosterone levels. Shilajit has the ability to boost testosterone levels in the body, mak-

ing it an ideal supplement for those looking to enhance their workout sessions. Testosterone is a hormone that

stress and restore balance. The effects of ayurvedic adaptogens vary from person to person, depending on their

makes an excellent source of electrolytes, which are essential for regulating water balance, muscle contrac-

From boosting testosterone levels to supporting collagen production, here are 6 reasons that will convince you it's time to adopt the Himalayan Ayurvedic ingredient, Shilajit, as a part of your health routine and take the much-anticipated leap towards fitness goals.

plays a crucial role in muscle development, bone density, and overall physical health in both men and women. In particular, testosterone levels are closely linked to muscle growth and strength, making it a critical component of any workout regimen. While synthetic steroids are commonly used to boost testosterone levels, they often come with a host of negative side effects, including liver damage, heart problems, and mood swings. Shilajit, on the other hand, is a natural and safe alternative that offers the same benefits without the harmful side effects.

4. Excellent Ayurvedic adaptogen. Shilajit is also considered an Ayurvedic adaptogen, which means that it helps the body respond to

specific needs. Shilajit's ability to support mental focus, energy and stress reduction can be particularly beneficial for athletes and fitness enthusiasts.

5. Supports collagen production. Shilajit supports collagen production, which is essential for repairing bones and tendons and reducing swelling and pain.

Collagen breakdown can be caused by factors such as smoking, ageing, excess sun exposure, anxiety, and stress. Consuming Shilajit before exercise can be a great addition to your workout routine as it has many benefits for recovery, strength, mental focus, energy, and stress reduction.

6. Rich in electrolytes. Shilajit's high mineral content

tions, nerve impulses, and metabolism.

When we sweat during exercise, we lose these essential electrolytes, which can lead to muscle cramps, fatigue, and dehydration. Consuming Shilajit before a workout can help restore these electrolytes and support physical performance and endurance.

Dr Kriti Soni concluded, "Consuming Shilajit before exercise can be a great addition to your fitness regime."

Fitness enthusiasts have been consuming Shilajit for a long time. It is time for the masses to adopt the Himalayan Ayurvedic ingredient as a part of their routine and take the much-anticipated leap towards their fitness goals."

DC Budgam chairs Nagar Diwas at Humhama Budgam

WIDENING OF HUMHAMA - BUDGAM ROAD TOP PRIORITY OF THE DISTRICT ADMINISTRATION: DC S F HAMID



J I NEWS SERVICE

BUDGAM, MARCH 28: The Deputy Commissioner (DC) Budgam, S F Hamid today chaired a Nagar Diwas programme at a local park in Humhama.

Representatives from trade unions, respected elders and general public from Humhama areas participated in the programme and gave their inputs regarding the development plans.

Speaking on the occasion, the DC said that the main purpose of the Nagar Diwas is to have detailed discussion with all stakeholders to finalize the "Town Beautification Plans and development plans for

issues raised by the public on the spot.

At the outset, the DC stressed on beautification of urban areas and proper maintenance of public parks, functioning of street lights and robust functioning of drainage networks in these areas.

He exhorted officials to ensure timely macadamization of approved road projects, besides carrying out repairing of lanes, bylanes, interior pathways and other links on war footing basis.

He urged local youth to register under different self-employment to open their own business ventures and become job providers instead of job seekers.

He stressed that pending development work on the playground be expedited for its timely completion to provide better sports facilities to the local youths.

Expressing his concern, over the drug abuse spread, the DC appealed locals to play an active role in curbing the drug menace from the society for a better society and safeguard the young generation. He urged elders and parents to ensure tight vigil that their wards remain away from drugs or any other social evil activities.

other urban parts of the District".

During the programme, the DC took detailed stock of the ongoing development works related to PHE, Power, Health, Education and other facilities.

He stressed on speedy work execution on the ongoing Humhama-Budgam road project to ensure smooth to and fro traffic movement along this important route.

After a detailed discussion, the DC assured the people of the area that all suggestions projected by them will be incorporated as priority.

He also gave on the spot directions to the concerned officers for time bound redressal of the public

DC Shopian chairs DLRC & DCC meeting to review performance of Banks, line deptts



J I NEWS SERVICE

SHOPIAN, MARCH 28: District Development Commissioner Shopian, Sachin Kumar Vaishya today Chaired District Level Review Committee (DLRC) and District Consultative Committee (DCC) meetings to review the performance of Banks and line departments for the 3rd quarter ending 31st December 2022 of FY 2022-23 here at Mini-Secretariat Shopian.

During the meeting, threadbare discussion was held on progress and achievements made by the banks in the implementation of various government sponsored schemes.

DDC emphasized upon the banks to increase the lending in agriculture and

allied activities and also exhorted upon them to work in synergy with the departments and conduct camps to spread awareness among the people about various banking schemes to increase the credit plan flow in various sectors.

He urged upon the all participants to ensure timely sponsorship and early credit dispensation of cases during the current financial year to achieve all the set targets leading to generation of self-employment opportunities in the district.

The meeting discussed in detail the progress and achievements made by the banks in the implementation of various government sponsored schemes like KCC, MUDRA,

PMJDY, PMSBY.

The deposits of the district show a decline of 4% on YOY basis while the advances registered a growth of 7% on YOY basis.

The priority sector advances of the district changed from Rs71313761 crores as on December 31, 2021 to Rs71282270 crores as on December 31, 2022 thereby showing a decline of 230791% on YOY basis & 710% on quarterly basis from Rs71429730 crores as on 30th September 2022?

Non Priority sector of the district increased from Rs7405776 crores as on December 31, 2021 to Rs754486 crores as on December 31, 2022 thereby registering a growth of 37% on YOY basis & 17% on quarterly basis from Rs7472224 crores as on 30th September 2022?

Against the financial target of Rs72052786 Crores and physical targets of 34542 beneficiaries under DCP 2022-23, the banks have disbursed Rs290713 Crores to 29396 beneficiaries during the 3rd quarter of financial year, thereby achieving the financial targets by 45% & physical targets by 85%?

Lumpy Skin Disease Virus Genome Decoded in UT of Jammu & Kashmir

J I NEWS SERVICE

SRINAGAR, MARCH 28: Technocrats/ Researchers at Institute of Animal Health and Biological Products (IAH & BP), Zakura, Srinagar under the Department of Animal Husbandry Kashmir undertook the first complete genome sequencing of lumpy skin disease virus directly from a clinical sample in Kashmir valley. Lumpy skin disease (LSD), a vector borne viral disease of cattle and buffalo which wrecked havoc in around 22 states/UTs of India including Jammu & Kashmir during the 2022 LSD outbreak.

In India the disease was reported for the first time in August 2019 in Odisha. The UT of Jammu & Kashmir was free from LSD until the first reported cases in August, 2022 from the twin villages of Gugloosa & Shummag in district Kupwara.

The disease is characterized by fever, reduced milk production and skin nodules. The World Organization for Animal Health categorizes LSD as a notifiable disease.

Doda: Youthon 2023 concludes with Chenab Rafting Championship



J I NEWS SERVICE

DODA, MARCH 28: Youthon 2023, a mega youth festival which started earlier this month successfully concluded today. The festival was a grand success in revitalising Youth Clubs established in all 237 panchayats of the district.

The festival culminated with the Chenab White Water Rafting Championship, Beach Volleyball, Discus Throw, Shot Put, fun activities, music and adventure at Shihnote Prem Nagar.

The Chenab White Water Rafting Championship was opened by Deputy Commissioner, Vishesh Mahajan and Senior Superintendent of Police, Abdul Qayoom at Shihnote near Prem Nagar.

The championship was organised by the District Administration in coordination with the White Water Federation of J&K and Extreme Adventure Group. The whole festival was part of the ADBHUT Doda initiative and under the aegis of Azadi ka Amrit Mahotsav.

The championship witnessed an overwhelming public response with more than 3000 people, particularly youth from across the district and other parts of the UT, enjoying the festival. Around 500 youth participated in rafting and other games.

NSS unit of GDC Kathua conducts health and wellness activities in Bhaghtali



J I NEWS SERVICE

KATHUA, MARCH 28: On the fourth day of a seven-day special camp, the NSS unit of Government Degree College Kathua performed a series of activities in their adopted village Bhaghtali.

The volunteers organised a rally on health and wellness and conducted a door-to-door campaign to explain the importance of cleanliness and sanitation. They asked people to stop unhealthy eating habits and made women aware of menstrual health, distributing sanitary pads to them.

Bavita Devi created a project model on health and wellness and explained it to people. A plantation and cleanliness drive were also carried out. A pledge ceremony was conducted in which volunteers vowed to spread cleanliness and sanitation. The camp is being organised under the patronage of Principal Prof. Sameer Mir and supervision of NSS Program officers Manmohan Singh and Suresh Sharma. The proceedings were conducted by Volunteer, Sharad Sharma.

District Road Safety Committee meets to review road safety measures in Doda



J I NEWS SERVICE

DODA, MARCH 28: The District Road Safety Committee (DRSC) met under the chairmanship of Deputy Commissioner, Vishesh Mahajan and Senior Superintendent of Police, Abdul Qayoom to review road safety measures in the district.

The committee decided that e-rickshaws recently introduced in the district shall play in all towns and other areas. Executing agencies have been asked to install speed limit signages and glow sign boards on all roads.

General Manager, National Highways and Infrastructure Development Corporation Limited (NHID-CL) informed that a tender for filling potholes has been floated and work will start soon. The Chairman directed all executing agencies, including GREY authorities, to remove encroachments on their roads and submit a compliance report.

The committee discussed previous directions regarding the installation of CCTV cameras at various locations for better surveillance and traffic management. Stakeholders were asked to take up the matter with their higher authorities for allotment of funds for CCTV cameras. The committee also decided to construct toilets at major bus stops for the convenience of the public.

Assistant Regional Transport Officer Kuldeep Singh informed the committee that a booklet on road safety and morality has been finalised and will be sent to the Education Department for circulation in schools. The booklet is designed to teach students about traffic rules and moral values. He also informed that Integrated Road Accident Database (IRAD) training has been conducted in the district. The committee also discussed Road Safety funds.

Motor Vehicles Department Jammu imposes fine of Rs 6.20 lakh for violation of traffic rules

J I NEWS SERVICE

JAMMU, MARCH 28: A team of the Motor Vehicles Department headed by RTO Jammu, Pankaj Bhagotra set up a special checkpoint during the night at different locations of the National Highway.

The team checked for violations of various visible offences under the Motor Vehicles Act, 1988 and Central Motor Vehicles Rules 1989.

During the enforcement drive, more than 350 vehicles were checked. Out of these, 71 vehicles were compounded on the spot for Rs 3.80 lakh and 11 vehicles were challaned for which Rs 2.40 lakh is expected to be realised from challans for various violations such as violation of route permit, plying without fitness, without permit, without speed limiting device and protruding of rods.

The enforcement team comprised of ARTO(P), Esha Chib; ARTO(G), Pawan Sharma; ARTO (HQ) Jammu, Mohd. Saleem; ARTO (Flying Squad), Tara Mani Sharma; Motor Vehicles Inspectors, Rajeev Kundal, Anupam Gandotra, Ranjeev Bhasin and other staff.

3029 houses under PMAY(G) at final stage of completion in Kupwara, dreams of poor families get fulfilled

J I NEWS SERVICE

KUPWARA, MARCH 28: The Pradhan Mantri Awas Yojana - Gramin is successfully fulfilling dreams of several poor and vulnerable families of having their own pucca house.

In frontier Kupwara district, scores of poor and vulnerable ST families used to live in Kutcha houses, one-roomed temporary shacks or dark and muddy houses before implementation of PMAY(G).

With the coming of the Pradhan Mantri Awas Yojana, dreams of such families have been fulfilled.

In Kupwara district during financial year 2022-23 under (Non-SECC) PMAY(G), out of 3402 sanctioned houses, 3029 houses are at the final stage of completion despite heavy snowfall and harsh weather conditions during winters.

Work on completion of PMAY(G) houses has been intensified in Kupwara district

with the improvement in weather. Within a couple of weeks all houses will be completed" said ACD Kupwara, Hilal Ahmad Mir.

Beneficiaries have hailed the efforts of Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray and officers of RDD for making efforts in taking PMAY(G) to the poorest of the poor and vulnerable families in Kupwara district and getting most deserved including widow, STs and handicapped prioritised.

Posha Begum, whose husband Ghulam Muhammad Khan died in 1998 when her son Sulman Khan was merely one-month old.

Posha Begum didn't marry again, instead she took care of her only son. She took manual work under MGNREGA and manual works in the houses of neighbors to feed her child.

Posha Begum belonged to the most vulnerable and PHH category. She owned just 6 Marlas of

land at Jugtyal Panchayat in Hayhama block where she was living in a temporary muddy shack in a miserable condition as rainwater and snow used to enter inside the shack.

Heavy snowfall during the winters in this high altitude village Jugtyal used to pose a serious threat to life of Poshha and her son as they used to face severe cold when mercury dipped to its lowest ebb in winters.

A pucca house was a dream for Poshha Begum but PMAY (G) came as a boon for her. She got an approval in 2022-23 Under Non-SEC, PMAY (G) vide Awas-plus ID No-138027469 and received Rs 130000 in three instalments.

With the help of this assistance she managed to construct and complete her dream pucca house. Now the family is living happily in their house.

Posha and her son also got 94 days work on construction of her house and received additional

wages under MGNREGA (four component).

Posha Begum also constructed an individual house hold latrine(HHL)under S.B.M and got an assistance of Rs 12000.

While thanking DC Kupwara, Poshha Begum said that with the completion of her pucca house she has got a sense of security and will not suffer anymore in absence of her own house and roof over her head.

"It is only possible through the PMAY (G) scheme of the government of India and efforts of Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray" Poshha said. Parveena hails from Hirri Qadirabad block of Kupwara district. Earlier, she used to live in a one-roomed wooden shack but today she has her own pucca house with the help of PMAY (G).

Similarly, Sayeeda Begum, another beneficiary of PMAY (G) from Hirri Qadirabad block of

Kupwara, expressed happiness after completion of her house with the assistance under PMAY(G).

Several poor families in Kupwara district have constructed their own houses under PMAY-G.

Empowerment of women is becoming possible through PMAY (G) and women are also getting ownership rights with the help of PMAY-G.

Not only poor are getting their houses constructed under PMAY-G but they are also getting benefit of other schemes like S.B.M, and MGNREGA.

Prime Minister's AWA S Yojna (Gramin) is focusing on deprived and the poorest of the poor households who live in kaccha houses or who are homeless. The rural housing programme not only provides a home to the poor but also generates employment for them up to 96 days work under MGNREGA.

DC Srinagar reviews Revenue matters and Public Service delivery mechanism

DIGITIZATION OF PUBLIC SERVICES HAS LED TO INCLUSION AND BETTER ACCESS FOR ALL THE CITIZENS: DC SRINAGAR

J I NEWS SERVICE

SRINAGAR, MARCH 28: To review the functioning of Revenue Department and take Tehsil wise appraisal about Revenue related public services delivery system in the District, a meeting was held today under the Chairmanship of Deputy Commissioner (DC), Srinagar, Mohammad Ajaz Asad here at Meeting Hall of the DC Office Complex.

Besides, Regional Director Survey and Land Records, Nazir Ahmad Khawaja and Additional Deputy Commissioner, Srinagar, Syed Shabir Ahmad the meeting was attended by Assistant Commissioner (Revenue), SDM East, all Tehsildars, All Naib Tehsildars, officers of Regional Directorate Survey and Land Record and other functionaries of Revenue Department.



At the outset, the Deputy Commissioner took a detailed review and progress of all Tehsils of the District on various issues including status of Jamabandies, status of mutations, progress on digitization of Jamabandis/ Giridawari, status of migrant offline/online grievances, updation of cases on

Revenue Court Cases Monitoring System (RCCMS), Online services delivery system.

During the meeting, Tehsil wise status regarding payment of ex-gratia assistance to families of the deceased due to covid-19 was also reviewed.

While reviewing progress with regard to digitization and

updation process of Jamabandies and scanning of revenue records as per the targets, the DC asked all the Tehsildars to clear pending cases and ensure proofreading and attestation of all pending Jamabandies within 10 days.

The DC asked the concerned officers of Regional Directorate Land Record Survey to reconcile the updated/corrected copies of the Jamabandies with the respective Tehsil Offices to ensure presence of up-to-date records.

On the occasion, the DC asked the Assistant Commissioner to monitor the progress on a daily basis so that the process is completed within set timelines.

Similarly, the DC stressed that the cases enlisted in various Revenue Courts of Srinagar need to be exclusively processed on Revenue Court Cases Monitoring System (RCCMS) by

following due procedure. He also emphasised that the proceedings of these court cases should be regularly updated, so that functioning of the revenue courts is effectively monitored.

With regard to disposal mechanism of grievances related to Migrant properties filed by the Kashmiri migrants in different categories offline/online, the DC was informed that till date 1895 grievances have been received by the District Administration, out of which 1676 grievances of different nature have been resolved by the Office of District Magistrate with quality disposal.

With regard to upgradation of Tehsil Offices and Nayabat Offices, the DC asked all the Tehsildars to submit estimates for upgradation of facilities at Tehsil Level to ensure better and prompt services to public.

DC Kulgam chairs SFCAC meet; sanctions 190 cases of child sponsorship cases



J I NEWS SERVICE

KULGAM, MARCH 28: The Deputy Commissioner (DC) Kulgam, Dr. Bilal-Mohi-Ud-Din-Bhat today chaired a meeting of Sponsorship and Foster Care Approval Committee (SFCAC) here at Mini-Secretariat, Kulgam.

The meeting was attended by Additional Deputy Commissioner Vigar Ahmed Giri, DSWO, Snobar Altaf, Protection Officer IC, Protection Officer -NIC and representatives from NGO and other concerned.

During the meeting the committee sanctioned 190 eligible cases of sponsorship under Mission Vatsalya and decided to clear 58 cases on priority for release of payment.

At the outset of the meeting, the District Social Welfare Officer gave a presentation on various aspects of Mission Vatsalya, an umbrella scheme for child protection services in the District.

10-Day entrepreneurship development prog for females concludes at JKEDI

J I NEWS SERVICE

SRINAGAR, MARCH 28: Director, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), Ajaz Ahmad Bhat today presided over the valediction function of the 10-Day Entrepreneurship Development Programme (EDP) held at Centre for Women Entrepreneurship (CWE) in Srinagar.

The EDP was organized by JKEDI for aspiring female entrepreneurs. The candidates were appraised about basic business concepts like business plan formulation, marketing plans, accounts management, and many other topics of relevance.

While speaking on the occasion, Director JKEDI congratulated the budding entrepreneurs and assured them that the Institute will continue to provide support in the future as well.

"I assure all the budding entrepreneurs present here that our institute will handhold and support anyone in need," said Director, JKEDI.

He also informed the candidates that they should take advantage of technology and social media to expand their business.



"Innovation and technology are vital for any startup, and I am certain that you can strengthen your ventures by adopting new technology."

"Women are proving their mettle in every field and entrepreneurship is no exception. They should come forward and avail benefits under different government schemes," he added.

Later in the function, the Director distributed certificates among the

successful candidates. A number of the trained female entrepreneurs who participated in the valediction ceremony said that with the training program, they have gained a lot of confidence to embark on their entrepreneurial journeys.

In Charge, CWE presented a vote of thanks and emphasized the need for the participation of females in such schemes and programs to overcome the menace of unemployment in the UT of J&K.

Pulwama Health Centres win Kayakalp Awards-2023

J I NEWS SERVICE

DC says unending efforts of District Administration, Health workers bringing fruits

PULWAMA, MARCH 28: After the strenuous efforts to reform and upgrade health sector of the district by Deputy Commissioner Pulwama, Baseer ul Haq Chaudhary, the results of action are bearing fruits as same are acknowledged at national level as the district receives back to back recognition for TB free & Kayakalp Awards. It has been a proud movement and pleasure for the district administration and whole district, as the Kayakalp 'Award to Public Health Facilities' 2022-2023, results were announced.

In Pulwama one Community Health Centre Pampore, 05 PHCs, 01 NTPHC, & 04 HWCs have qualified for awards under Kayakalp.

Kayakalp Award Scheme was launched on May 15, 2015 as an extension of 'Swachh Bharat Mission', an initiative to improve and promote the cleanliness, hygiene, waste management and infection control practices in public health care facilities and incentivize the exemplary performing Public Health Care Facility. Under Kayakalp Health Care Facilities undergo 3-tier assessment and the final assessment decides the winner for Health Facility.

Among Community Health Centre's in UT of J&K CHC Pampore has received a Commendation Award while five other PHCs including NTPHC earned commendation awards of which PHC Khrew was named the winner among them.

Besides, four other HWCs earned commendation awards while HWC Poshwan Block Tral was named the winner among them.

Mega Employment Fair conducted by DE&CC at ITI Ganderbal

Overwhelming response from job seekers witnessed



J I NEWS SERVICE

GANDERBAL, MARCH 28: Continuing with its endeavour to explore the career opportunities within the district, a Job Fair/Employment Fair was organized by District Employment and Counselling Centre (DE&CC) Ganderbal here at Govt. Industrial Training Institute Ganderbal.

In the fair 8 reputed National/Domestic Institutes/companies participated viz. ICICI Bank, PhysioSwalla, New Tiny Hearts School, Ganderbal, CI Design, Ganderbal, Dreamland Hr. Sec. School, Ganderbal, Evergreen Public School, Nunar etc.

About 327 jobseekers attended the Fair out of which 41 candidates were shortlisted for further process of selection. There was an overwhelming response from the job seekers and almost 105 candidates were registered on the Employment Portal (integrated to National Career Service NCS Portal).

The Job seekers expressed satisfaction after having interaction with various institutes/companies and wished for the same kind of fairs in the District in near future.

The Job fair was conducted under the overall supervision of Assistant Director Employment Ganderbal, Beenish Wani.

Inter Zonal T10 Cricket, Volleyball tournaments conclude at Kulgam



J I NEWS SERVICE

KULGAM, MARCH 28: Inter Zonal District level tournament of T-10 Cricket & Volleyball concluded at Kulgam.

These events were organised by District Administration Kulgam in collaboration with the Department of Youth Services & Sports Kulgam under the banner of "An Initiative of Youth Engagement".

DYS&S Kulgam informed that Six teams from each zone of Kulgam participated in both Cricket and Volleyball girls tournament which was held at sports Stadium Kulgam.

After the culmination of both these tournaments award ceremony was held here at sports stadium in which Deputy Commissioner Kulgam Dr. Bilal Mohi-Ud-Din-Bhat presented trophies and mementos to winner and runner up teams of both the tournaments.

ADDC Showkat Ahmad Rather, DYS&S Gh Hassan and other officers were also present on the occasion.

DC Ramban chairs District TB Forum meeting

J I NEWS SERVICE

RAMBAN, MARCH 28: Deputy Commissioner, Musarrat Islam chaired a meeting of the District TB Forum under the National Tuberculosis Eradication Programme in his office chamber.

The Deputy Commissioner asked the health department to

issue an advisory asking private medical practitioners to send suspected TB cases for examination in the District TB Cell so that their testing is done to check TB.

Directions were also issued to all BMOs in the district to ensure that TB control guidelines are followed in letter and spirit for complete TB elimination.

The Deputy Commissioner directed the health department to conduct an Information, Education and Communication (IEC) campaign through the panchayats by involving the PRI members.

He also asked for conducting camps in educational institutions and Gram Sabhas.

Deputy CMO, Dr. Suresh Kumar also gave a detailed presentation on the existing number of TB patients and measures being taken to bring down the incidence of TB in the district.

He asked for adopting an effective Active Case Finding approach to identify hotspots of Tuberculosis in the district and

to ensure that all TB patients are supported through Nikshay Mitra. Additional District Development Commissioner, Rajinder Sharma; Additional Deputy Commissioner, Harbans Lal, Assistant Commissioner Development, Ashok Singh, Chief Medical Officer, Dr. Kamal Zadu and other officers and members attended the meeting.

DC Ganderbal calls for strict adherence to standing rules for running private schools



J I NEWS SERVICE

GANDERBAL, MARCH 28: A meeting of all leading recognized private educational institutions of District Ganderbal was convened today by the Deputy Commissioner Ganderbal, Shyambrin in the VC Room of Mini Secretariat Ganderbal.

The meeting was attended by Chief Education Officer Ganderbal, Deputy

Chief Education Officer, Principals of various Govt. schools besides heads of Private Institutions of district Ganderbal.

During the meeting a detailed discussion was held about the various rules set by the Government to run private schools including tuition fee, annual charges, basic facilities to the students, etc.

The DC conveyed directions for strict adherence to the standing rules and norms set forth by the Government from time to time for running the private recognized educational institutions.

The DC conveyed direc-

Awareness Prog for land holders of Sub-Division Bijbehara regarding SVAMITVA and ULPIN

J I NEWS SERVICE

SRINAGAR, MARCH 28: In order to aware the farmers about the benefits of centrally sponsored scheme including Digital India Land Records Modernization Programme (DILRMP) as a part of ongoing celebration of 75 years of India's Independence under 'Azadi Ka Amrut Mahotsav', an awareness cum interaction programme was organized at Sub-Division Bijbehara today by Directorate of Survey and Land Records South Kashmir.

The programme was presided over by the Director Survey and Land Records South Kashmir, Dr. Abdul Hafiz Shah.

At the outset of the very exhaustive and comprehensive programme, Director Survey and Land Records South Kashmir



informed the participants about the main objective of the SVAMITVA (Survey of Aabadi-Deh) and ULPIN (Unique Land Parcel Identification Number).

The participants were apprised that during SVAMITVA whole Aabadi Deh will be measured and surveyed through drone technology and a single individual parcel number will be allotted to each house hold.

Besides, a 14 digit ULPIN number will be

allotted to each survey number under this scheme.

The main objective of the scheme is to minimize the scope of land disputes by bringing greater degree of transparency in revenue records.

Besides, Director Survey and Land Records, Sub-Divisional Magistrate, Tanveer Ahmad Tanveer and Tehsildar Bijbehara Ghulam Rasool Bhat also highlighted the benefits of the scheme to the participants.

JKTPO organises export awareness, capacity building workshop in Poonch

JI NEWS SERVICE

POONCH, MARCH 28: The Jammu and Kashmir Trade Promotion Organisation (JKTPO) organised an export awareness workshop in Poonch in association with the Directorate General of Foreign Trade (DGFT), District Administration Poonch, Federation of Indian Export Organisations (FIEO), Export Credit Guarantee Corporation of India Ltd (ECGC), Micro Small & Medium Enterprises and State Bank of India (SBI).

The workshop included detailed sessions on the benefits of exports, the process of obtaining an IEC code, awareness about the India Business Portal and India Trade Portal, credit linkages for exports and credit risk insurance facilities, e-commerce platforms, logistics and the potential of regional prod-



ucts in the international market. Deputy Commissioner, Under Jeeet inaugurated the workshop and highlighted the importance of exports for products from Poonch. He emphasised the need for capacity building in farming and artisans of woollen products.

about the documentation required for IEC registration. Participants were given detailed presentations on all major aspects related to exports, including a checklist for documents required to obtain an IEC Code and market linkages.

Queries from participants were resolved on the spot regarding registration and other related issues. The relevance of bridging the information gap was also highlighted and various export-related schemes sponsored by the Government of India such as EPCC, MEIS, SEIS and advance authorisation schemes were also discussed.

Dr Kausar Fatima from APEDA informed participants about rules, regulations and guidelines for exporters on various products as per the concerned country for export. The registration process with APEDA was also discussed,

including how it can help build a brand through publicity, advertisements and packaging.

Deputy Director FIEO, Gaurav Gupta gave a presentation on the benefits of registration on the Indian Business Portal. He informed participants about free online business, easy and affordable credit rating, compliance with the government and updates from FIEO via email.

The JKTPO team briefed the audience about the organisation's mandate and various trade and export promotion initiatives. JKTPO regularly organises and participates in activities such as buyer-seller meets, trade fairs, exhibitions, conferences and seminars at national and international levels for registered members and women entrepreneurs. This Export Awareness and Capacity Building workshop is part of such activities to boost trade.

DC Ramban chairs District Level Aadhaar Monitoring Committee meeting

JI NEWS SERVICE

RAMBAN, MARCH 28: A meeting of the District Level Aadhaar Monitoring Committee was held under the Chairmanship of Deputy Commissioner, Musarrat Islam to finalise the action plan for saturation of Aadhaar Cards and mandatory biometric update in all age groups.

The Deputy Commissioner discussed strategy for timely Aadhaar enrollment of children in the 0-5-year age group. He directed to launch special camps and mass awareness campaigns in educational institutions to push the saturation process further. The Deputy Commissioner also directed all the stakeholder departments and agencies to motivate residents to enrol children below 5 years for Aadhaar enrollment and to get Mandatory Biometric Updates done after attaining the age of 5 years and 15 years.

The Deputy Commissioner urged people to get their children enrolled for Aadhaar Linked Birth registration at delivery centres. Terminating the Aadhaar enrollment a multi-agency process, he called upon all concerned departments to saturate the remaining Aadhaar enrollment process in the district besides launching mass awareness campaigns in their jurisdictions to cover population under Aadhaar enrollment. He stressed that progress of Aadhaar enrollment target of children between 0-5 years and 5-18 years must be achieved cent per cent in a time-bound manner.

Assistant Commissioner Revenue, Gias-ul-Haq; District Statistics and Evaluation Officer, Ganesh Kumar; Chief Education Officer, Devanand; Dy. Chief Medical Officer, Suresh Kumar; Dy. Superintendent of Police, Pardeep Kumar; District Informatics Officer, Prashant Kumar and other committee members attended the meeting.

Change of Land Use: DLC approves one case in Rajouri

JI NEWS SERVICE

RAJOURI, MARCH 28: The District Level Committee on change of land use in Rajouri approved one case of conversion of agricultural land to non-agricultural use. The meeting was chaired by Deputy Commissioner, Vikas Kunal and held a thorough discussion on the applications received online from across the district.

After a threebare discussion, the committee approved one case of conversion for non-agricultural purposes. Necessary directions were issued to the concerned departments to ensure timely issuance of No Objection Certificates after proper verification of documents and rules under land conversion Regulations, 2022. Officers who attended the meeting included CEO Rajouri Development Authority, Vivek Puri; Assistant Commissioner Revenue, Imran Rashid Kataria; Superintending Engineer PWD, Kamal Kishore; SE Hydraulics, Baram Jyoti Sharma; SE PDD, Anupam Koul; Chief Agriculture Officer, Sohan Singh; DIO, Muzaffar Mir and other concerned officers.

J&K Bank commissions CRM in Kulgam



JI NEWS SERVICE

SRINAGAR, MARCH 28: In line with extending convenient banking services to the people at their nearest location, J&K Bank today commissioned a Cash Recycler Machine (CRM), which is housed in the premises of Bank's Kulgam branch.

District Development Commissioner (DDC) Kulgam Dr Bilal Mohi-ud-Din inaugurated the CRM in presence of J&K Bank Zonal Head Anantnag, Tasadduq Ahmad Dar, Cluster Head Mohammad Shafi Bhat and other officials of the Bank amid a gathering of valuable customers and local residents. While commending its role in the socio-economic development of J&K, DDC Kulgam thanked the Bank and urged the people to avail services of the CRM.

Speaking on the occasion, Zonal Head said, "Being the first of its kind in Kulgam district, the CRM will make banking services like cash deposit and cash payment more convenient for the public. These services will be available beyond working hours and all days of week including holidays."

Ramban: Commandant IRP 16th Bn inaugurates cricket tournament

JI NEWS SERVICE

RAMBAN, MARCH 28: Commandant IRP 16th Battalion Ramban, Pawan Parihar inaugurated the Shaheed Sarfaraz Memorial Cricket Tournament 2022-23 under the Civic Action Programme at IRP Headquarters today.

After the inauguration, Commandant Parihar met with players from the Hamdard Cricket Club Ramban and Red Wings Maitra Ramban. He emphasised that the police frequently organises sports events to promote a competitive spirit and positive energy among young people.

A total of 34 teams from across Ramban district are participating in this T-10 (10-over) tournament. In addition, volleyball tournaments were also organised at Gool, Banihal and Batote under the Civic Action Programme.

Deputy Commandant, Reyaz Iqbal Tantray was also present at the event, along with Deputy SP, Anu Sharma, Deputy SP, Vidya Sagar and members of NGOs.

Tourism Department organises Chaitra Navratra Festival in Jammu



JI NEWS SERVICE

JAMMU, MARCH 28: Directorate of Tourism in Jammu organised Chaitra Navratra Festival at Babu Fort today. The festival was inaugurated by Mayor Jammu Municipal Corporation, Rajinder Sharma in the presence of Joint Director Tourism Jammu, Sunaina Sharma Mehta; Deputy Director Tourism Jammu, Umesh Shan and Deputy Director Tourism Publicity Jammu, Abdul

Jabbar. The event featured cultural performances including devotional songs from artists of the Jammu and Kashmir Academy of Art, Culture and Languages.

During the inaugural ceremony, Mayor Rajinder Sharma shared his greetings with the local community on the occasion of Chaitra Navratras. He congratulated the Department for celebrating Navratras with enthusiasm and devotion. For the first time, the

entire region of Jammu and Katha witnessed a series of events from Bhakti Sandhya to daily screening of devotional movies and from Durga Puja to enthralling devotional performances showcasing the rich culture of the region during Chaitra Navratras.

Joint Director Tourism Jammu said that celebrating fairs and festivals is part of their cultural heritage. She added that the Department of Tourism will soon popularise pilgrimage circuits across Jammu region like the Shiv Shakti Circuit and Rudra Pilgrimage Circuit. Special emphasis will be laid on various pilgrimage destinations so that tourists visiting Maa Vaishno Devi Shrine can plan their itinerary in advance.

President of Jammu Chamber of Commerce, Arun Gupta was also present along with his team.

To make Chaitra Navratras vibrant, a daily devotional movie was screened at Open Air Cinema Aquaplex Musical Water Fountain in Bagh-e-Bahu.

India develops own model for estimating TB cases in country

NEW DELHI, MAR 28: India has become the first country in the world to have developed a country-level mathematical model to estimate the prevalence of TB cases, official sources said on Tuesday.

Using this model, TB incidence and mortality estimate data for India will be available by March every year, months before the annual WHO estimates are released in October, they said, adding that India can also prepare similar estimates at the state level in future.

The model was presented before the delegates from 40 countries taking part in the 36th Stop TB Partnership Board meeting in Varanasi last week. Most of them lauded it saying they would want to implement it in their countries, the sources said.

According to WHO estimates, the TB incidence rate (per 10,000) in India in 2021 was 210. Using the Indian mathematical model, it was estimated to be 196 in 2022. The WHO estimated that the TB incidence absolute number to be 29.50 lakh in 2021. The Indian model suggested it was 27.70 lakh in 2022.

According to WHO, the TB mortality rate (per 10,000) in 2021 was estimated to be 35, which reduced to 23 in 2022 as per the Indian model. WHO's TB mortality absolute numbers were estimated to be 4.94 lakh in 2021. The Indian model suggested it was 3.20 lakh in 2022, officials said.

They said a total of 21.5 lakh cases were notified on the Nishkay portal last year and 93,000 deaths were reported.

Horticulture Planning & Marketing Ramban organises awareness camp under PMFME

JI NEWS SERVICE

RAMBAN, MARCH 28: Chairperson, District Development Council, Dr Shamshad Shan and Deputy Commissioner, Musarrat Islam presided over an awareness camp on the Prime Minister's Formalisation of Micro Food Processing Enterprises (PMFME) scheme in the district administrative complex today.

On the occasion, Area Marketing Officer, Sunil Bakshi gave detailed awareness to farmers and PRI members about the scheme and other Centrally Sponsored

Schemes. He also imparted awareness regarding processing, grading and packaging under the PMFME Scheme. More stress was given on walnut apple and pickle processing & benefits thereof.

Resource Persons from the Agriculture, Horticulture, Animal Husbandry and Fisheries departments educated them on various related schemes such as Holistic Agriculture Development Programme, Dairy or Poultry Farming, Integrated Dairy Development Scheme and Integrated Poultry Development Project. Assistant General Manager Operations, Raju Zutshi trained partic-

ipants on packaging and branding of Agriculture/Horticulture products for more benefits.

Members of FPOs and Cooperative Societies of progressive growers installed stalls where they displayed their educational material and produce which were inspected by the Chairperson and DC.

Assistant Director Employment, Dr Sushant Mahajan, District Development Manager NABARD, Arushi Sharma and officers of other allied departments participated in the camp and imparted awareness to growers regarding their departmental schemes.

Cong leaders, workers detained while trying to march near Red Fort against Rahul's disqualification

NEW DELHI, MAR 28 Several Congress workers and leaders were allegedly detained by Delhi Police as the party tried to stage a protest march from the Red Fort to Town Hall through the busy Chandni Chowk Tuesday evening in solidarity with Rahul Gandhi following his disqualification from Lok Sabha.

Congress leaders accused the government of "murdering democracy" after police stopped them from reaching the Red Fort to start their 'Loktantra Bachao Mashal Shanti March' at 7 pm.

Some leaders, however, converged at the Red Fort, which was heavily barricaded by the police. They carried on with the march in small batches and later staged a dharna at Chandni Chowk. Party workers raised slogans against the government and were allegedly roughed up by police.

Congress leaders, including party MPs, were to hold torches in their hands during the march against Gandhi's disqualification and the Adani "scam".

Deputy Commissioner of Police (north) Sagar Singh Kalsi said as many as 96 people, including former Uttarakhand chief minister Harish Rawat, former MP JP Aggarwal, TN Prathapan, Deen Kuriaokore and Shakti Singh Gohil, were detained.

All the detainees have been released and the situation is normal, the DCP said.

The Gandhi scion was disqualified from the lower house of Parliament soon after his conviction and two-year sentence in a 2019 defamation case by a Surat court regarding his 'Modi surname' comment.

"The Delhi Police is stopping us from taking out the Loktantra Bachao Mashal Shanti March from Red Fort, and did not allow us to reach the venue. However, this has not deterred us, and we have begun our march from the police barricades itself," Congress general secretary K C Venugopal said on Twitter.

Congress leader Jairam Ramesh said, "This is murder of democracy. Our voices are being silenced inside and outside the Parliament. Disqualifying our leader and not allowing us to walk now. What democracy is this? Another Congress leader P Chidambaram tweeted, "Large numbers of Congress workers had gathered near Red Fort for the Mashal Shanti March. Many hundreds of them were young people."

He said the gathering was entirely peaceful and quite enthusiastic and the general public in that crowded locality were very friendly, but the police denied permission and were determined to scatter the assembly.

Secretary Health reviews COVID-19 situation with stakeholders

JAMMU, MARCH 28: Secretary, Health & Medical Education Department, Bhupinder Kumar, today convened a meeting to review current COVID-19 situation besides assessing preparedness for tackling the pandemic with all the stakeholders of Health & Medical Department. Mission Director NHM J&K, Ayushi Sudan, gave a brief presentation regarding status of COVID-19 in J&K besides presenting a snapshot of COVID cases, testing and vaccination scenario in the Union Territory. It was informed that country wide there is an upward trend in daily positive cases being reported including the Union territory of J&K where the active positive cases have gone up in last 2 weeks.

Secretary directed all the officers to remain vigilant and prepare themselves for the emerging situation. He asked all the Chief Medical Officers and Principals of GMCs for operationalization of separate flu clinics in health facilities and focus on increased testing of all Severe Acute Respiratory Illness (SARI) and Influenza like Illness (ILI) cases with instructions to send all the RTPCR Positive test samples for Genome Sequencing to SKIMS, Saura. He further directed Principal GMC Jammu and

Srinagar to ensure early operationalization of Genome Sequencing Laboratories in both the medical colleges.

Secretary impressed upon all the administrators to undertake Mock Drill across all Health Facilities uniformly across the UT on 10th April 2023 to ensure Operational Readiness for management of COVID in all identified dedicated facilities including GMCs, DHs and CHCs with specific focus on Oxygen Plants (LMO/ PSA/ Marifield), Ventilators, Logistics and Human Resources. Further, directions were issued to all the Principals of Government Medical Colleges and Director Health Services Jammu and Kashmir to ensure availability of Testing Kits, Drugs and Supplies in coordination with J&K Medical Supplies Corporation Limited. Further Directorate of Family Welfare was asked to ensure availability of COVID vaccination as per the requirements of districts to vaccinate the eligible population in all districts. In order to limit transmission of disease, he exhorted upon the need for enforcement of COVID Appropriate Behavior including wearing of masks in hospital premises by patients, health professionals and health workers.

Advisor Bhatnagar chairs 52nd, 53rd AGMs, 68th BoDs meet of JKAIDCL

JJ NEWS SERVICE

JAMMU, MARCH 28: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar, today chaired the 52nd and 53rd Annual General Meetings (AGMs) as well as 68th Board of Directors (BoDs) meeting of J&K Agro Industries Development Corporation Limited (JKAIDCL) at Civil Secretariat here.

The meeting was attended by Additional Chief Secretary, Agriculture Production Department Atal Dulloo; Secretary Planning, Development and Monitoring department, DG Codes, Director Agriculture Jammu/Kashmir, Director Horticulture Jammu/Kashmir, Director Animal Husbandry Jammu/Kashmir and other concerned officers both in person and through video conferencing. During the AGMs, the Directors of Board led by Chairman



Advisor Bhatnagar reviewed various critical matters concerning the organization's operations, including the annual reports and financial statements. They also held robust discussion on the corporation's business activities and strategies and also discussed the future plan for the Corporation to make it profit centric.

During the AGMs, the BoDs adopted the Director Report, Annual Accounts

and CAG comments for the Financial Year 2019-20 and 2020-21. The Board also asked the management of the Corporation to complete the Audit of FY 2022-23 timely for its onward submission to CAG. The Board also appreciated the Corporation for its timely updation of Annual Accounts and Audits.

Meanwhile, Advisor Bhatnagar also chaired the 68th Board of Directors (BoDs)

meeting of JKAIDCL.

During the meeting, the Board took some significant decisions for improving the overall health of the Corporation and make it a viable entity. Addressing the participants during the meeting, Advisor Bhatnagar emphasized upon the management of Corporation that their is a dire need for sustainable development in agriculture and allied industries across J&K and JKAIDCL has a major role to play for achieving that goal.

He encouraged the Corporation to continue its efforts towards improving the livelihoods of farmers and promoting the growth of the agro-based economy in Jammu and Kashmir. Advisor also urged upon the management of Corporation to explore new opportunities for growth and diversification to further strengthen the agro-based economy of Jammu and Kashmir.

DIPR Samba conducts awareness camps on government schemes



JJ NEWS SERVICE

SAMBA, MARCH 28: The Department of Information and Public Relations, Samba conducted a series of awareness camps to empower youth and the general public through the dissemination of information on various government-sponsored campaigns, schemes and programmes.

The awareness programmes included nukkad natak, cultural activities, skits and songs aimed at generating awareness for youth against drug abuse under the Nasha Mukh Bharat Abhiyan and reducing drug demand. The programmes also included information on self-employment schemes such as Mumkin, Mudra Yojana, Tejaswini, Sahtya and Rise Together. Other major government initiatives on Digital J&K and online services like revenue services land passbooks were also covered.

The awareness programmes were conducted in panchayats and municipal wards across the district, including Gudwal, Vijaypur, Pali, Soura in Sumb, Koulpur, Salmeri, Kothli, Bari Brahmana, Ghagwal and Rajpura.

The camps were attended by prominent citizens including Ex. Assistant Surgeon, Dr Sat Paul; Sarpanch Panchayat Souram, Usha Rani; Naib Sarpanch Panchayat Gurwal, Pooi Devi and Panch Ward No. 5, Soma Devi besides field officials like ASHA Workers, Anganwadi workers and local youths who expressed gratitude towards the department for conducting educational programmes.

PSPS GCW Gandhinagar organises One day Workshop on Film Making



JJ NEWS SERVICE

JAMMU, MARCH 28: The Department of Punjabi and IQAC of Padma Shri Padma Sachdev Government College for Women, Gandhi Nagar organised a one-day workshop on the theme "Film making Process and Techniques". The workshop was conducted under the guidance of the Principal, Prof Minu Mahajan and coordinated by Head of the Punjabi Department, Dr Kusum.

Dr Baljit Singh Raina, a well-known actor, writer, director and President of Punjabi Lekhak Saba Jammu was the resource person for the day. He delivered an interactive lecture on film making and highlighted key areas and techniques. Dr Raina also motivated students to take part in creative endeavours. Prof Minu Mahajan encouraged students to make the most out of the interactive session and give wings to their creativity.

DC Reasi flags off 'Run for Unity' rally to combat drug abuse among youth under Mission Youth

JJ NEWS SERVICE

REASI, MARCH 28: In an effort to combat the increasing menace of drugs among the youth and masses, Deputy Commissioner Babila Rakwal flagged off the Run for Unity Rally against Drugs. The rally was also aimed at preventing drug abuse and addiction in society. The march commenced from Gran Morh Reasi and concluded at General Zorawar Singh Sports Stadium Reasi.

The rally saw participation from students of various schools, prominent youth leaders and social groups of Reasi. Speaking at the event, DC Babila Rakwal stated that the Civic Action Programme is part of a series of efforts under 'Mission Youth' to spread awareness about drug abuse and addiction.

"We need to come together as a society to tackle the problem of drug abuse, especially among our youth. It is our collective responsibility to create a healthy and drug-free environment for the future generation," she said. As the rally came to a close, Babila Rakwal expressed gratitude to the participants for showing tremendous enthusiasm and support in spreading the message against drug abuse. ADC Reasi, Jyoti Salathia, Chief Planning Officer, Sunita Kanchan, and Assistant Commissioner Development, Anirudh Rai along with other district officers were present.

IIIM-Technology Business Incubator organises awareness session for students at GDC Kathua

JJ NEWS SERVICE

KATHUA, MARCH 28: IIIM-Technology Business Incubator (BioNEST Incubator), CSIR-IIIM, Jammu organised an awareness session for students of Government Degree College Kathua on science and technology-based entrepreneurship and manpower training programmes today. The programme aimed to provide an overview of starting and running a technology-based enterprise and acquiring advanced industrial or technical skills. It was organised in collaboration with the Career Counselling and Placement Cell of the college, Institutional Innovation and Incubation Centre and Department of Biotechnology, GDC



Kathua. The programme was inaugurated by the Principal GDC Kathua, Prof Seema Mir. The guests included Er. Ankush Verma from Jammu and Dr Payal Gandotra from IIIM, Jammu.

In his welcome address, Convener of the Career Counselling and Placement Cell, Prof Rakesh Singh emphasised the need to identify one's strengths and weaknesses and pursue a career that

aligns with their interests and abilities. Prof Singh also spoke about the role of technology business incubators in promoting entrepreneurship and job creation. In her deliberations, Prof Seema Mir emphasised the importance of entrepreneurship and urged students to be proactive in developing their skills and knowledge in science and technology-based entrepreneurship. She highlighted the importance of turning innovative ideas into successful

businesses and encouraged students to take advantage of the resources and opportunities provided by the Incubator and the college. During the programme, CEO/Coordinator of IIIM-TBI Jammu, Er. Ankush Verma delivered a presentation on IIIM-TBI (BioNEST Incubator) and its role in fostering innovation and entrepreneurship. He provided details on the various incubation programmes offered by IIIM-TBI including pre-incuba-

tion, incubation and post-incubation programmes. Dr Payal Gandotra gave a presentation on entrepreneurship and the opportunities available to budding entrepreneurs. She encouraged students to think creatively and be on the lookout for new ideas. Dr Gandotra discussed the various grants and funding options available for incubating business ideas and highlighted the role of IIIM-TBI (BioNest Incubator) in providing assistance and resources to entrepreneurs.

Convener of the Institutional Innovation and Incubation Centre, Dr Suraya Partap Singh expressed his gratitude to all dignitaries, guests and students for attending the programme.

PSPS GCW Gandhinagar organises symposium on "Problem of Drug addiction: Issues and Concerns"

JJ NEWS SERVICE

JAMMU, MARCH 28: Department of Sociology, Padma Shri Padma Sachdev Government College for Women Gandhi Nagar, in collaboration with IQAC and under the guidance of Principal, Prof. Minu Mahajan, organised a one-day symposium and lecture on the theme "Problem of Drug Addiction: Issues and Concerns". The event was attended by around 140



students. Drug De-addiction Programme Coordinator, Jammu and Kashmir Society for Promotion of Youth and Masses, Novinder Kumar, was the guest speaker on

the occasion who gave a detailed presentation on the problem of drug addiction and its impacts on physical, mental and social well-being. In her welcome address, Head of Sociology

Department, Suraj Mohani Jamwal stressed the importance of awareness on social issues for students and highlighted that the department will organise a series of such events in the future. Prof. Minu Mahajan motivated students to learn about their rights and social responsibilities. She urged young minds to play their role in creating awareness against social evils.

Convener of Internal Quality Assurance Cell,

Yash Pal Sharma, stressed the importance of a healthy lifestyle and good social environment for students. Twelve students also gave presentations on the issue and were provided with certificates of appreciation.

Director Agriculture Kashmir visited oilseed fields of Pulwama district

JJ NEWS SERVICE

SRINAGAR: MARCH 28 The Director Agriculture Kashmir, Chowdhary Mohammad Iqbal today visited oilseed fields of Pulwama district. Director visited different villages including Gulzarpora, Tahab, Padgampora, Iethpora and took stock of the current scenario of oilseed (mustard) crop.

While talking to the concerned farmers director agriculture said that this year we are expecting a bumper oilseed crop. He said the scientific intervention introduced by the department and adopted by the oilseed farmers in their fields have started bearing fruits.

He said that under Holistic agriculture development programme, Promotion of oilseed cultivation have been given due consideration. The oilseed project included several interventions aimed at increasing oilseed production and pro-

SAYA UNDER HOLISTIC AGRICULTURE DEVELOPMENT PROGRAMME DUE CONSIDERATION GIVEN TO THE PROMOTION OF OILSEED CULTIVATION



ductivity, he added. Director directed the concerned officers to work in close coordination with the farmers and guide them in all the pre and post harvest opera-

tions. Director Agriculture was accompanied by Chief agriculture officer Pulwama, District Agriculture Officer Extension, District Agriculture Officer Inputs, Sub-division Agriculture Officer Kakapora, AEO Tahab, AEO Noorpora and other officers.

Later he chaired a meeting of seed dealers of the Kashmir division at agriculture complex Lalmandi Srinagar. In his address he reiterated the importance of quality seeds for the overall success of a cropping season. He asked the concerned officers to put in all the efforts in this direction and ensure that only the genuine and quality planting material reaches the farming community of the region.

Among others the meeting was attended by Joint Director (extension) Mohammad Syeed Peer, Deputy District Law Enforcement Javed Iqbal Samoon, Chief Technical Officer Sheikh Imran, Seed dealers of Kashmir Division.

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